

3rd and 4th Grade Rules

1. Moment of Silence before each game!
2. Five (5) on Five (5) played at full court.
3. Goals are set at 10 feet in height.
4. Girls will use an intermediate ball (28.5) and boys will use an intermediate ball (28.5).
5. Teams must have a minimum of 7 players on their roster.
6. Five (5) minutes for warm up only! (Must start with 5 players or forfeit) Games will start on time. The clock will start at the allotted time whether you are still warming up or in the huddle or on the floor ready to go.
7. Games will be played in four (4), six (6) minute quarters with a three (3) minute halftime break. Note: If games are running behind the league director or their staff has the right to reduce game times until back on schedule.
8. The clock only stops in the final two minutes of each half on dead ball whistles and starts on the referee.
9. Volunteers must handle the clock. The home team, listed last on the schedule, will be in charge of the clock. A Rec Center worker will be in charge of the book.
10. Proper substitution throughout the game: check-in with the Time Keeper.
11. Only the Head Coach is allowed to stand in coach's box during the game!
12. There is a 5-second lane violation for any offensive player in the lane.
13. On shooting fouls line the players up in front of the free throw using the tape as the line. Two free throws will be awarded on the tenth team foul per half.
14. All types of defenses can be used (man to man, 1-2-2, 2-1-2, 1-3-1). Half court press is allowed from the opening tip. Offense has 15 seconds to get the ball cross half court!

15. Once the defense rebounds the ball offensive players must immediately hustle down and get back on defense. Offensive players that try to defend the rebounder in order for his or her teammates to get back on defense will be warned! On the 2nd warning from the referee a technical foul will be called. Note: Defensive Technical foul is 1 free throw and ball back.

16. During fast break defensive players cannot try to stop the break until after the ball crosses half court. (Unless rule # 17 applies)

17. Full-Court pressing is allowed ONLY in the last Two (2) minutes of each Half unless you have a 12-point lead (then no pressing)!!

18. If a team falls twelve (12) points behind, then the other team's defense must be behind the 3 point line! IF IT IS MORE THAN FIFTEEN (15) PACK IT IN! Defensive players that try to defend outside the 3-point or free throw area will be warned! On the 2nd warning from the referee a technical foul will be called. Note: Defensive Technical foul is 1 free throw and ball back.

19. Unless listed High School rules apply!

20. When in doubt give the other team the benefit of doubt and go on!

21. Each player must play one quarter uninterrupted and each player must sit out at least one quarter uninterrupted. THIS MEANS ONE QUARTER FROM START TO FINISH. Not the second half of one and the first half of another.

A. 1st time offense coach will be suspended for the following game and current game will be forfeited.

B. 2nd offense team and coach will be suspended for the following game and current game will be forfeited.

22. Players with five fouls will foul out of the game. If a team does not have anyone on the bench to substitute because of the substitution rule (#20) or if they just don't have a substitute then that team will play with players they have (ie meaning four or even three if more than one player fouls out)