

Official Rules - Grades 3-4

2022-2023

Start of Game:

Coaches and players should be on site 10 minutes prior to the scheduled start time.

Each team will be allowed a 5-minute warm-up time beginning at the scheduled start time. Games will start when each team has at least (5) players present. Officials will call a forfeit at tip-off if a team doesn't have enough players. Teams will then be created with the players who are present from both teams, and a scrimmage will be played.

Length of Game:

The game shall consist of (4) quarters of (8) minutes stopped time.

Halftime - 3 Minutes

If at the end of regulation, the game is tied one (2) minute overtime will be played. If the score is still tied after the 1st overtime teams will play a "first to score" overtime.

Clock Stoppage:

Clock will stop anytime that the whistle is blown (all timeouts, out of bounds, fouls, injuries or any undue delay the official deems necessary, etc.).

Timeouts:

Each team is given (2) 60 second timeouts and (1) 30 second timeout per game. Timeouts do not carry over into overtime. (1) 30 second timeout will be given to each team for overtime. Use your timeouts wisely.

Substitutions:

The following are **MANDATORY** substitution rules.

Substitutions can ONLY be made at the (4) minute mark of each quarter. There should be 5 new players rotating every (4) minutes.

All players must play a minimum of one quarter and one half of a quarter; this doesn't have to be consecutive, but the equivalent during the game. **No player sits out twice until everyone on the team has sat out once (this rule does not apply if there is a lack of players).**

Free Throws:

All players must begin their shot from behind the free throw line, but may go over the line on their attempt, providing they are not trying to gain an advantage on a potential rebound.

Players will be allowed (10) seconds to shoot a free throw. If a player exceeds the (10) seconds it will result in a violation and loss of that free throw attempt.

Players around the paint cannot enter the lane until the ball is released from the hand of the shooter.

Free throws will be awarded on shooting fouls only. If a player is fouled while attempting a (2) point shot they will be awarded (2) free throws. If a player is fouled while attempting a (3) point shot they will be awarded (3) free throws. If a player converts a (2) or (3) point shot and is fouled, one shot will be awarded.

Personal/Technical Fouls:

A technical foul will result in (2) foul shots for the opposing team, that team will also retain possession. All technical fouls will be reviewed by the league.

If a player or coach receives two technical fouls in one game they will be ejected. If a coach receives more than three technical fouls in a season they will be terminated.

Three Second Violation:

Three Second Rule: An offensive player is allowed (3) seconds in the lane before he/she must reset or his/her team loses possession of the ball.

Back Court Violation:

Back Court Violation: A team loses possession if the ball goes back over the center line without it first touching an opposing player.

Defense:

Man-to-man defense only. Players must pick up offensive player at mid-court. Switching is allowed. Players can steal the ball off the dribble. Help defense in the paint is allowed.

Double teaming is not permitted outside the paint.

A player must make every effort to stay with their opposing player or move off from a double team. Officials will warn players of double teaming, giving them reasonable time to cover player to player. If the player(s) fail to release from double team it will result in a violation and the offensive team will receive the ball out of bounds closest to where the violation occurred. If an

offensive player puts themselves in a vulnerable position and plays into a double team no infraction will have occurred and play will continue.

Full court pressing is **not permitted** at any time.

Miscellaneous:

Basket height: 10 feet

Basketball size: 28.5

3-point shooting field goals are permitted.

Double dribbling and traveling will be left to the discretion of the official.

All players must wear their team uniform during game play. No alterations to team uniforms is permitted (i.e., removing sleeves).

No jewelry (necklaces, earrings, rings, etc.) can be worn during competition.

Street shoes are not allowed on the court playing surface.

ZERO TOLERANCE: Referees, league officials, and building supervisors have the right to eject any and all individuals/fans who exhibit unsportsmanlike behavior. All ejections will be reviewed by the league.

In the event of a snowstorm coaches will be contacted via email on the status of games scheduled for that day. If games are postponed every attempt will be made to reschedule them.