



**3<sup>rd</sup>-4<sup>th</sup> Grade**

-Time Regulation:

- Four 8-minute quarters with a 3-minute half-time.

-Score Regulation:

- The score clock will not show more than a 20 point difference. The accurate score will be kept on the score sheet. **Have them focus on the game and not the score.**

-Playing Time Requirements:

- All players on a team **must play at least 16-minutes** or half of every game.
- Free substitution is in effect during the entire game.
- **Players need to check in with the Score Keeper before each substitution made during each game.**
- No player is to play the entire game. We encourage all team members to play an equal amount of time during each game.

-Clock Stops on the Following:

- Timeouts (each team gets 2 per half of 1-minute each).
- **All whistles during the last minute of each quarter of the game.**
- Foul shot set up. Once they are set, the clock will resume.

-Type of Defense:

- **Man-to-Man only.** Switching is allowed as a result of being “screened” or “picked” by the offense. Double-teaming is not allowed. **Double teaming is allowed on a fast break.**
- No full court press will be allowed. The team on defense **must** drop back to the 3pt line. Once the offense crosses the half court line, you can guard them.

-Frontcourt-Backcourt Rule:

- When moving the basketball from its backcourt, the offense has 10-seconds to get the ball over the midcourt line.
- The ball may cross the mid-court line from the frontcourt to the backcourt without a penalty.

-Seconds in the Key Rule:

- No penalty (if someone is in the key all the time and giving an unfair advantage, the refs will talk to them about clearing the key every 5-seconds).

-Court Dimensions:

- Basket Height - 9 feet
- Free Throw - Shoot from 14 feet and can cross the line.
- 3-point shots are allowed.

-Basketball Size:

- 28.5

-Fouls:

- If a player commits 5 fouls in a game, they will be disqualified for the rest of the game.
- 2 technicals in a season will result in a suspension from the current game as well as a full game suspension the following week.
- 3 technicals in a season will result in expulsion from the league without refund.

***All coaches need to keep in mind that this league is a developmental program for kids to learn basketball skills and have fun!***