

2022 3rd-4th Grade Basketball League Rules

1. Games shall be 40 minutes in length.
 - A. (2) 20 minute halves.
 - B. Clock stops every five minutes of each quarter to sub players in and out (**this is not a timeout**).
 - C. 3 minute halftime.
 - D. Clock stops for free throws in the last minute of each half.
 - E. Game Locations – Follow your Schedules
 - F. Game Times – follow your schedules
 - G. Equal play time for all kids at this level. You must clear your benches during substitutions. (players should all be within 5 minutes of each other. For example, no player should have 30 minutes while another has 20 minutes)

2. Rims shall be set at 10 feet. 27.5 Ball will be used
 - A. Free throws will be taken at 13 feet at this level
 - B. Player may cross the line

3. Stealing
 - A. Stealing will be permitted off the dribble.
 - B. Stealing is allowed off the pass.
 - C. Stealing is not allowed back court
 - D. After possession is gained, if the team loses control of the ball in the back court, the ball cannot be stolen by the other team

4. Defense
 - A. The defense must stay behind the 3-point line until an initial pass is made in the front court or the ball crosses the 3 point line. Defense can pick up at half court **only** the last 5 minutes of the game if the team is not ahead by 12.
 - B. Any type of defense can be played including man-to-man or various zone defenses.
 - C. Double teaming is allowed.
 - D. Block shots:
 - 1 Arms to go straight up on the defender
 - 2 No hovering over a player to prevent a shot.
 - 3 Players may jump to block shots

5. Double Dribbling - No warning will be given. A double dribble will result in a turnover (first week is a teaching week)

6. Traveling - No warning will be given. A traveling violation will result in a turnover. (first week is a teaching week)

7. Referee(s)
 - A. No coach will be allowed on the court unless directed by the referee.
 - B. There will be two paid referees at each game this year.
 - C. The officials are paid by the league for 3-4 level

8. Fouls - Fouls will officially be kept. A child will foul out of the game once he/she has obtained 5 fouls. A player may not return for overtime once fouled out.

- A. Once a team has 7 fouls, the opposing team shall shoot free throws with a 1 and 1 format.
- B. Once a team has 10 fouls, the opposing team shall shoot free throws with a 2 shot format.

9. Timeouts - Each team is permitted to have (1) 30-second timeouts per half. Not to be carried over from the first half. Each team is permitted one timeout in overtime; not to be carried over from regular time or previous overtime periods.

AN INJURY IS NOT A TIMEOUT. IF A PLAYER IS INJURED ON THE COURT PLEASE ADVISE YOUR PLAYERS TO TAKE A KNEE UNTIL THE INJURED PLAYER IS ESCORTED OFF THE COURT

10. Team Benches

- A. Only coaches are permitted to be with the team in the bench area during the game.
- B. All team members are to sit together on the bench
- C. Only one coach is permitted to stand during the game

11. Score - Score will be kept for the Season.

- A. Score will be kept during the year end tournament.
- B. Scoreboards will be used at all locations
- C. One coach/parent volunteer must be at the scorer's table to keep score for their team. This is mandatory not optional. Failure to have a bookkeeper, at the scorer's table, will result in a forfeit.
 - 1. The home team scorer's book will be the official book.
 - 2. The home team is in charge of keeping clock too.

D. Mercy Scoring:

- 1. If a team is up by more than 12 points (official score), the official score will be kept in the book, but not on the score board.
- 2. If the losing team scores a basket, the score board will be changed accordingly.
- 3. For example:
 - Team A 24 Team B 12
 - Team A score two more baskets to make the official score 28 – 12.
 - Team B scores one basket to make the official score 28 – 14.
 - The score board will reflect a score of 26 – 14.
- 4. This pattern will repeat itself until Team B decreases the margin below 12 or until the game ends.
- 5. No fast breaks if a team is up by more than 12 points.
- 6. The winning team must allow the defense to get set up in the half court before a shot can be taken.

E. The winning coach is to report the score by emailing mldoster@hotmail.com within 24

12. Overtime

A. Regular season games will not have overtime. In Playoffs, If the score is tied after regulation, an overtime of 3 minutes will be played. Clock will stop in the last minute for foul shots ONLY. If the score is tied after that 3-minute time, we will go into sudden death and the first basket will win.

B. Substitution in overtime for the first 3 minutes is coaches' discretion. If the score is still tied, the benches must be cleared during sudden death

C. If a player has fouled out, they cannot return during overtime.

D. One time out per team will be allowed in overtime. No carry overs

13. Standings

A. Official Standings will be kept during the regular season.

B. The standings will be updated as quickly as possible. If the winning team reports their score within the 24 hour window, standings will be updated at least 3 times a week.

D. The standings will be used to set up the seeds for the post season tournament.

1. Tie Breakers will be decided first by:

a. winning percentage

b. head to head matchups (if applicable)

c. average points allowed per game

14. Jewelry – No jewelry is allowed to be worn; this includes rings, bracelets, and earrings. Medical bracelets are the only exception to this rule.

15. Medical Equipment – The following medical equipment will NOT be allowed to be used.

A. Casts – hard or soft.

B. Splints – hard or soft.

Miscellaneous Items:

1. Parents are responsible for their additional children who may not be participating in the game. No child should be outside the gym area unless using the bathroom facilities. No Running outside the gym.

2. Coaches are responsible for their players during the game, and players must stay in the gym unless using the bathroom.

3. Follow the gym posted rules for food and drink allowance

4. No bouncing balls anywhere unless you are the team on the court

5. Teams are permitted to get together outside the gym to talk about the game, but no practicing will be allowed outside the gym

6. Absolutely NO climbing on the chairs at Bethany