

## **Rose Hill Recreation Commission**

### **3<sup>rd</sup>-4<sup>th</sup> Grade Basketball Rules**

**Objective:** The aim and purpose of this program is to teach the youth participants the fundamental skills and rules of basketball, good sportsmanship, and to play and have fun in recreational competition. Please coach your players with this objective in mind.

1. National Federation of High School Athletics Association rules will be used except for the following league rules.
2. The game will consist of four, six-minute periods with a one-minute break between quarters and a five-minute break at the half.
3. Teams will be allowed to have three time-outs per game.
4. All players will be required to play one full continuous quarter per game and sit one full continuous quarter unless an injury interferes with this rule. If either team starts the game with seven players or less then the rule to have all players sit a full quarter will be waived, however, all players must still play a full continuous quarter. If a player is injured and has to exit the game then that will still count as a full quarter played. If the injured player returns to the game, they must complete the playing rule requirements by sitting a full quarter also. All other players, including any players substituting for injured players must follow the playing rules and play one full quarter and sit one full quarter. The quarter that they substituted for the injured player does NOT count as a full quarter played. If this rule is violated during the season or tournament play it will result in the game being forfeited. The League Director's will have the final authority regarding this rule and all game forfeitures.
5. No team will be allowed to press. Teams must play either a man-to-man defense or a zone defense on their defensive side of the court. In other words, no full-court man-to-man press or zone press allowed. Defenses can NOT pick up players until they cross the half court line.
6. If a team is leading by 15 points or more at any point during the game, then that team must fall back and play defense inside the three point arc on their defensive side of the court. This rule will remain in force until the lead falls below 10 points.
7. If the offensive team is fast breaking, then the defensive team has the right to try to stop the ball. This is very hard to call and will be a judgment call by the officials.
8. ***The goals will be set at a height of 9 feet.***
9. The game ball will be a 28.5 youth basketball.
10. Free throw line will be set at 12 feet.
11. No overtime periods will be played. If a game ends in a tie score then that will be the final score.
12. Any coach receiving his/her second unsportsmanlike technical foul in one game will be ejected from that game. Any coach receiving his/her third unsportsmanlike technical foul for the season will be relieved of his/her coaching

- duties for the remainder of the season. The League Director's will have the ultimate authority regarding this rule.
13. If any player receives an unsportsmanlike technical foul, the player must sit the remainder of the game that they received the technical foul and the next scheduled game. If the coach allows the player to violate these suspensions, then the games that the player illegally played in will result in a forfeit.
  14. All games played in all towns must have at least one qualified, experienced official to officiate each game. Experienced means they have officiating experience and not just playing experience. The success of our league is largely dependent upon quality officiating and supervision.

**\* Remember, this program is intended to provide a fun, safe and positive environment for the kids to learn the game of basketball and to have fun playing that game.**