

Addison Park District Youth Basketball League Rules 3rd & 4th Grade

Program Objectives:

This program is developed to teach the players the basics of basketball. This includes passing, dribbling, shooting, offensive strategies, defensive strategies, teamwork, sportsmanship, physical fitness, and to have fun while participating in sports. It is our goal to introduce a new phase of the game each year to enhance the playing experience within our league.

Game Conduct

Both teams must line up and shake hands at the conclusion of the game. Any acts of unsportsmanlike conduct at this time or any time throughout the game will be dealt with by the Athletic Department. This applies to players, coaches, and spectators.

Game Rules

1. **Length of Games** - 4 – 8 minute quarters (running time)
 - The clock will stop at the 4 minute mark of each quarter to allow for substitutions
 - Please remember at the end of each 4 minute mark to have your next five ready to go onto the floor. **This is not a time-out!!** Because we are on 1-hour time slots for games, try to match up as quickly as possible.
The clock stops only for time-outs, shooting fouls, or player injuries
 - Change baskets at half-time
2. **Time outs** - Each team will be given four (4) time-outs/ game – **Time-outs will be 1 minute in length**
3. **Overtime** – In the event of a tie game at the end of regulation a three (3) minute overtime period will be played using running time. Each team will be given 1 time out. Personal fouls carry over into overtime. Timeouts do not. Because of time constraints only 1 overtime period will be played. If the game is still tied after 1 overtime the game will end in a tie.
4. **Ball Size/Rim Height** – 3rd & 4th Grade will use 28.5 size basketball and play on 9 foot rims
5. **Roster Size** – Every team will have a minimum of 7 players and a maximum of 10 players
 - If a team should have more than 10 players it is the coach's responsibility to rotate players so that all players play as close to equal playing time **throughout the year**.
6. **Substitutions** –
 - At the 4 minute mark of each quarter every player on the bench must come into the game (if attendance permits). The park district will provide game line-up cards which will show how the substitution pattern should go for the amount of players in attendance for the game. **It is the intent that every player regardless of skill gets an equal opportunity to play.** The only other time substitutions can be made is if a player has 3 fouls in the first half, if a player has an injury/illness, or if the coach/ referee believe a player is being disruptive to the game.

Coaches - If there is ever a discrepancy regarding playing time of players please notify the referee. Also notify the other coach before the game begins if any of your players must sit out for certain lengths of time for any reason.

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7. **Fouls** – All fouls are under the referees' discretion.

- 5 personal fouls/game. On the 5th personal foul that player must sit out the rest of the game.
- *Technical and flagrant fouls count as 1 personal foul. – The referee reserves the right to eliminate a player for the rest of the game if he/she believes the foul is severe. All decisions by the referee(s) are final*
- *On the 10th team foul each half bonus free throws will be awarded – 2 foul shots will be awarded –this is not a 1&1 situation*
- If a team is unable to field 5 players for the game due to foul trouble, the opposing coach will choose the player that may re-enter the game in order for their team to field 5 players for the court.

8. **Free Throws** – 3rd & 4th Grade will shoot from a foul line closer than regulation (indicated by floor tape)

- Before the beginning of each game each player present will shoot 1 free throw – which will count on the scoreboard as 1 point for their team before the game begins. If 1 team has more players than the other, the team with fewer players will shoot the same number of shots as the other team. The coach of the team with fewer players will choose which players will shoot more than once from their team.
- Free throws will be shot on shooting fouls or when a team reaches the bonus (see above)
- Players cannot move until the ball contacts the rim.

9. **Possession** – Jump Balls will begin each game.

- The team obtaining control from the jump ball establishes the alternating possession procedure, and the arrow is set toward the opponent's basket.
- An official time out will be called at the 4 minute mark to allow for substitutes. The team in possession of the ball at that time will keep the ball, and a throw in will occur at half court. The possession arrow does not change at this point.
- In the event a shot is taken at the 4 minute mark, possession will be determined after a team gains control of the ball. Once the ball is obtained, gameplay will stop.
 - *Examples:*
 - Team A shoots and scores, possession goes to Team B following substitutions.
 - Team A shoots and misses, ball is rebounded by Team A, gameplay stops, and Team A retains possession following substitutions.
 - Team A shoots and Team B gains possession after the shot is missed, Team B retains possession following substitutions.
- For all other jump ball situations, including beginning of the remaining quarters, the alternate possession rule will be in effect.

10. **Type of defense allowed** – The defense may switch on screens set by the offense throughout the game.

- **Man to Man defense must be played throughout the season.**
 - No double-teaming is allowed - *help defense is NOT considered a double team*

11. **Defensive pick-up** – The defense must pick-up their offensive player NO earlier than the line marked with floor tape before the half court line on the defensive side.

12. **Full Court Press** – No full court press will be allowed. However, if a team is fast breaking, defense is allowed to defend the ball wherever it is on the court. No double teaming

13. **Fast Breaks** – Fast breaks will be allowed to happen throughout the game - Up to a 10-point lead.

All other rules of basketball are to be followed by the National Federation of High Schools (NFHS) most recent rule book.

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