

INSTRUCTIONAL YOUTH BASKETBALL

3rd - 6th GRADE LEAGUE RULES | HOLLADAY LIONS REC CENTER

Recreational basketball programs are designed to be fun and to help develop skills through principles of sportsmanship and fair play.

Rule interpretation and enforcement will be at the discretion of the recreation staff (officials, site supervisors, coordinators, directors, etc.).

High school rules will govern play with the following modifications:

1. 3rd – 6th Grade leagues will use a size 6 basketball (28.5") and will play on 10-ft. basketball hoops.
2. Games will start with a jump ball. All subsequent jump ball situations and the start of the second half will alternate possessions.
3. Games will consist of two 16-minute halves, maintaining a running clock throughout. Teams will be given two timeouts per half.
4. All fouls will result in a dead ball out of bounds throw in for the fouled team.
5. NO PRESSING. Defense must stay behind the press line (red line just above 3-point arc) until the ball crosses half court. During live ball situations, if a defensive player retrieves a rebound, or steals a pass, they may either run a fastbreak (during which they may be guarded in the backcourt) or raise the ball above their head, which will signal that the defense must run back to the press line. If a player chooses to signal for no press, they must wait for the defense to get back before they can continue the play.
6. NO STEALING. Defensive players are not allowed to steal the ball from a player who has picked up their dribble. If a player has picked up their dribble, the defender may draw a turnover by closely guarding (within 4 feet, but without touching) the ball-handler for 5 consecutive seconds. Defenses will not be allowed to steal a live dribble outside the 3-point line. Defenses are allowed to steal passes.
7. Officials and coaches should instruct players to keep moving and not stand still when they are in the key. Officials may call a 5-second violation.
8. Every team member must play an equal amount of time.
9. Coaches must stay in their bench area and are not allowed on the court with their team during play. Only two coaches are allowed on the bench at one time, but only one may stand. All coaches should have completed a volunteer coach packet to be eligible.
10. Any player receiving an unsportsmanlike technical foul will sit out eight (8) game minutes. If a player receives two unsportsmanlike technical fouls in a single game, they will be ejected for the remainder of that game and the next game. A meeting with the program coordinator is required before that player is eligible to return to the league. Three unsportsmanlike technical fouls accumulated during the season will result in being suspended from league play.
11. Any coach receiving an unsportsmanlike technical foul will be required to sit down on the bench for the remainder of the game. If a coach receives two technical fouls in a single game, they will be ejected for the remainder of that game and the next game. A meeting with the program coordinator is required before that coach is eligible to return to the league (this includes practices and games). Three technical fouls accumulated during one season will result in being suspended from league play and possibly banned from volunteer coaching for a year.