

Hyrum City Recreation

3rd/ 4th Grade Grade Basketball Rules

Philosophy & Rules

Philosophy

This league is established to encourage the participants to learn the basic skills of basketball, and in the process, have a positive, fun-filled experience. Therefore, the coaches and parents are encouraged to be positive and supportive at all times. Great sportsmanship is expected from all.

Equipment:

- 28.5 basketball will be used for all practices and games.
- Baskets will be set at 10 feet.

Time Regulation:

- Four 8 minute quarters with a 3 minute half-time.+
 - First overtime, runs for 3 minutes; Second overtime, runs for 2 minutes; There is no 3rd OT

Score Regulation:

- The score clock will not show more than a 20 point difference. The accurate score will be kept on the score sheet. **We want participants to be more focused on the game then the score*

Playing time requirements:

- *All players in these age groups must play a minimum of 16 minutes or half of each game.*
- All substitutions are to be made at the quarter breaks.
- Please remember that no player is to play the entire game, and that all team members are to play an equal amount of time during each game.

Clock stops on the following.

- Time outs (each team gets 2 per half of one minute each)
- All whistles during the last minute of each quarter of the game.

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. Defensive position on any player cannot be established until the offensive player has both feet across mid court. There is a 7 foul max per player per half if a player fouls 8 times per half they will be fouled out and must sit the remainder of the half. **There is absolutely no stealing or reaching in**
- **Wristbands can be used if needed.**

Defensive position on the ball:

- The team on defense must drop back past mid-court when the ball is in bounded after a basket or rebounded after a missed shot attempt. The first violation for failure to drop back past mid-court will be a warning and the second violation will result in two (2) free throws.

Front court-back court rule:

- The ball may cross the mid-court line and come back without a penalty.

Seconds in the key rule:

- No Penalty

Conduct:

- No unsportsmanlike behavior will be tolerated from players, coaches, or spectators. Anyone receiving a technical foul for unsportsmanlike behavior will be asked to leave the premises for the remainder of that game and will be suspended for the next scheduled game.