

Boys 4th Grade Basketball Rules & Information



1. Time Frame:

- The first 10 minutes will be used for teams to practice.
- All players must play a minimum of TWO FULL QUARTERS or 16 minutes; exceptions include injuries, medical reasons, or parental consent. Please use good judgment, and please remember that winning is not the goal of this league.
- Game time will be 4 eight-minute quarters, clock will only stop for timeouts
- Each team gets 1 time-out per quarter

2. Wristbands:

- No Zone Defense; No Double Team; Man to Man only (Wristbands)
- Wristbands changed during time-outs, quarter, halftime, and substitutions. Wristbands cannot be changed during mid-play.
- At the beginning of each quarter, coaches should try to match wristbands with players of similar ability.

3. Violations & Fouls:

- Basic foul rules apply. Free Throws on shooting fouls.
- Basic violations will be called.

4. Calls:

- No Pressing. Defense picks up at half court.
- On fast breaks--players may temporarily switch the person they are guarding for that play only.
- Double Teaming will be allowed only when the offense has the ball inside of the key.
- No Double Teaming Outside of the Key--1st & 2nd Double Team will result in ball out of bounds; 3rd Double Team called will result in a technical foul--Two free throws & ball out of bounds.

5. Equipment:

- Basket height will be 9 feet.
- This league will play with a 28.5 inch basketball.