



YMCA at Pabst Farms Basketball League Rules 3rd Grade Boys & 3rd-4th Grade Girls

Ball Size & Hoop Height –

- 28.5" circumference basketball
- 9.6' height of rim

Court Size –

- Cross Court at YMCA at Pabst Farms (Ct. 1, Ct. 2, Ct. 3 or Ct. 4)

Defense –

- Man to Man defense only. No zone defenses allowed.
- No intentional double team is allowed. Help defense is encouraged but players are to recover back to their assigned player. Help defense is a fundamental in which a defensive player who is two passes away from the ball adjusts his defense to help another teammate defend the ball handler.
- With officials' discretion, 5 second closely guarded will be enforced the last 2 minutes of each game to eliminate "stall" by a team.
 - Closely Guarded = the defensive player is within six feet, measured from foot to foot. The count applies to a player who is dribbling or holding the ball.
- No press allowed; defense must retreat after defensive team obtains possession.
- Can steal a pass but may not attempt to steal the ball away from a player that has controlled possession.

Fouls –

- Players cannot foul out – based on official's discretion, if a player is committing numerous fouls, they will ask the coach to have the player sit out until the next substitution.
- Free throws will be shot from the red solid line on SHOOTING FOULS only in the last 2 minutes of each half.
- Technical Foul –
 - 1st offense – Player must sit out for the remainder of the quarter
 - 2nd offense – Automatic ejection and communication with the director/supervisor is required before return to play.

Game Duration –

- 4 quarters of 8 minutes.
 - The game clock will stop on an official's whistle during the last minute of each half.
 - Games ending in a tie will play 2-minute overtime, with the clock stopping on an official's whistle. No additional time outs will be granted.
 - If additional overtime is needed, a second 2-minute overtime will be played. If teams are still tied, it will be sudden death, with alternating possession in effect to determine which team starts with the basketball.

Offense –

- Offensive plays that are intentionally designed to isolate players into one-on-one situations (preventing remaining defenders from joining the play) will not be allowed.
 - This rule is in place to ensure teams are teaching all players to play all positions, no matter their skill level – encourage skill development for everyone on the team.
- Double Dribble and Travel calls will be enforced.

Officials –

- It is expected that all players, coaches, and fans treat officials respectfully at all times.
- The officials are learning how to officiate through practical experience. Officials do receive training from the YMCA but they improve by officiating – they will make mistakes and calls...remain a positive role model throughout the entire game.
- If you feel you must discuss an officiating issue, please contact either the YMCA site supervisor, Katelyn Lutz (Youth & Recreation Director), or Jenna Lang (Youth & Recreation Coordinator). Conduct not in line with YMCA sports philosophy and mission will not be tolerated.

Scoring and Records –

- Score and Records will be kept on the Quickscores website.

Substitutions –

- Must take place at the quarter and 4-minute mark of each quarter. The exception is for an injured player who cannot continue play.
 - Team huddles are not allowed during the 4 minute mark for subs. If you wish to huddle during this time a timeout must be used. Time is allowed for team huddles in-between quarters.
- Unless a team has less than 10 players, a player should play 4 minutes and then sit 4 minutes.
 - No player should play more than 2 consecutive 4 minute periods.
- It helps to make your game rotation prior to each game. Please make sure each child has the opportunity to start the game throughout the season.

Time-Outs –

- Two (2) 30-second timeouts will be allowed per half; cannot be carried over.