



Youth Basketball Rules

3rd and 4th Grade

1. **Length of Game:** We will play (2) 15-minute quarters; with a 3 minute halftime. Every three minutes there will be a substitution timeout for both teams. The clock will only stop for the substitution time out and if a timeout is called.
2. **Playing Time:** We encourage that every player must play at least half of the game. All players should have a chance to learn and have fun, regardless of the players experience or ability.
3. **Free throw attempts:** The free throw line will be 3 feet in front of the normal free throw line.
4. **Basketball Size:** We will use 28.5 basketball
5. **Defense:** Man to Man only. Each player will have a colored wristband. The color of the band will match the color of a team member on the other team, this will visual show who he or she must guard. You must be within 5 feet of the other player you are guarding. If a player doesn't guard the same color wristband a warning will be issued, if this continues, an automatic basket will be awarded to the other team.
6. **Offense:** Any legal offense can be used in this age division.
7. **Picking up the offensive player:** You may pick up the offensive player three feet past the midcourt. If a team is having trouble getting the ball across the mid-court line, please as a defensive coach have your team back up to the three point line and let the other team have some success playing offense.
8. **Flagrant Behavior:** Flagrant behavior as a coach, player or parent will NOT BE TOLERATED! Please have good sportsmanship during the game.
9. **Fast Break Defensive team:** It is up to the team that was on offense to stop the other teams fast break. Anyone on offensive can guard the person that has control of the basketball. If the team that was on offensive and tries to stop the fast break, the defensive player must be guarding the player who has the same colored wristband.
10. **Facilities:** Coaches, please remind your players that it is a privilege for us to be able to use these facilities. Please help clean up all trash by your bench and also the bleachers.