



# 4<sup>th</sup>-Grade Playing Rules



## Playing Time

- It is the coach's responsibility to make sure players receive equal playing time, regardless of ability.

## Game Times

- Four six-minute quarters – running clock
- Clock will **ONLY** stop during the final minute of the 4<sup>th</sup> quarter for all dead balls. Clock will **NOT** stop if a team is leading by 15 points or more in the fourth quarter. NOTE - resume stopped clock **IF** deficit goes under 15 points.

## Basket Height

- The height of the rim will be ten feet (regulation height).

## Ball Size

- 4<sup>th</sup> Grade teams will use a women's size ball (size 6/28.5)

## Number of Players/format

- 5-on-5

## Start of Game

- A jump ball will take place to start the game.

## Half-Time & Quarters

- There will be a three-minute half-time period and one-minute breaks between quarters.

## Substitutions

- Substitutes must check-in at the scorer's table and wait until the official beckons the player onto the court.
- The scorekeeper shall sound the horn as soon as the first dead ball occurs if/when subs are at the table.

## Time-Outs

- A team is allowed two 30-second time-outs per half. The clock will stop for time-outs.
- Unused time-outs in the first half are **not** carried over to the next half or overtime periods.
- An injury that requires the clock to be stopped will be charged as an official time-out (not charged to team).

## Scoring

- Two points are awarded for baskets scored inside the 3-point arc.
- Three points are awarded for baskets scored beyond the 3-point arc.
- NO Free Throws. **NOTE – a player fouled on a made basket WILL be awarded an additional point.**

## Out of Bounds

- All out of bounds plays will start nearest the spot where the ball went out or where the foul occurred.

## Mid Court

- The offensive team will have ten seconds to cross midcourt line
- Backcourt violations **will** be called.

## Dribble Count

- There will be a closely-guarded (five second) dribble count and a player can only hold the ball for 5 seconds.

## Lane Violations

- **Five seconds** in the lane will be allowed by the offense when in possession in their half.

## Defense

- Zone defenses are **NOT** permitted; man-to-man defense only.
- If a referee determines that a zone defense is being played, then a warning will be issued. Additional infractions result in the offensive team receiving two points and possession of the ball.

- The intent of this rule is to teach good defensive positioning and fundamentals.
- Man-to-Man defensive guidelines:
  - The defender must stay within (6) feet of the offensive player he/she is guarding (if the offensive player moves the defense must follow) even when a team is pressing.
  - Double teaming and trapping are **not** allowed.
  - Switching is permitted.
  - “HELP” defense is allowed if the defensive player moves into position after a fellow defender is beaten; but, once the beaten defender recovers back to their player, then the helping defensive player must also return back to the player they were originally guarding.

### **Full Court Press**

- Teams are NOT allowed to use full-court presses.

### **Fouls**

- Individual fouls will be counted and each player is allowed only five fouls per game.
- No free throws will be awarded/shot. The ball will be given to the team not committing the foul, to take out of bounds nearest the point of the infraction.
- Flagrant fouls will be deemed technical fouls.

### **Technical & Intentional Fouls**

- If a technical foul or an intentional foul is called, it will be an automatic two points and possession for the offended team.
- A player committing a conduct technical foul will be ejected for the remainder of the game and suspended for the next game. A second ejection during the same season will result in suspension from the league.
- A coach receiving two technical fouls during a game will be ejected for the remainder of the game and suspended for the next game. A coach who is ejected twice during the same season will be suspended for the remainder of the season. Additional penalties could be administered depending on the severity of the actions and/or the point in which the second ejection occurred during the season.
- A player committing an intentional act of violence will result in an automatic suspension.
- A bench technical WILL BE ISSUED TO THE COACH. Please take responsibility for your players/bench.
- A technical given to a fan WILL BE ISSUED TO THE TEAM. The game will not continue until the ejected fan is removed from the gym/venue.

### **Alternate Possession**

- A jump ball will only be used at the beginning of the game.
- The possession of the ball will alternate between teams according to the possession arrow.

### **Overtime Guidelines**

- The following overtime procedures will be used:
  - A two-minute overtime period will be played in the first overtime period.
  - A one-minute overtime period will be played in the second overtime period.
  - In the third overtime period, the first team to lead by two points will win the game.
  - Each team will get **one** 30-second timeout. Timeouts DO NOT carry over to overtime periods.
  - The clock stops for free throws during overtime periods and on all dead balls in the final **60** seconds.

\* No team may start with less than 4 players. A five-minute grace period will be allowed for team after SCHEDULED game time IF 4 players ARE NOT Present. A forfeit will be called if five players are not present on the court when the horn sounds to start the THIRD quarter. If both teams agree, a running clock option will be used and a team can “borrow” players from the opposing team to continue/play a game.

For more additional information, contact:

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