



4th-Grade 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 4th 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

- 4th 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.

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.
- **Free throws will be awarded IF a player is fouled in the act of shooting.**
- **The clock will STOP on all free throws.**

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 / Closely-guarded rule

- 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:
 - Double teaming and trapping are **not** allowed.
 - Switching is permitted.
 - “HELP” defense is allowed if the defensive player moves into position after a defender is beaten; but, once the original defender recovers back to their opponent, 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.
- We will shoot free throws in shooting and BONUS (7 or more team fouls will be 1-and-1) situations. 10 team fouls=double bonus (2 free throws)
- Flagrant fouls will be administered as technical fouls (two points +possession for the offended team).

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 carry over to overtime periods; but there is only one additional time-out given to both teams once the overtime session begins.
 - ***The clock stops on all dead balls in the overtime periods.***

* 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 at start time. If both teams agree, a team can “borrow” players from the opposing team to play a game. Team with full roster will be the winning team regardless of final score.

For more additional information, contact:

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