



3rd Grade Rules



Playing Time

- All players must play equally, regardless of ability or position.

Game Times

- Four six-minute quarters – running clock.

Basket Height

- The height of the rim will be 9 feet.

Ball Size

- 3rd Grade Girls and Boys will use a women's size ball (28.5)

Number of Players/format

- 4-on-4

Start of Game

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

Half-Time & Quarters

- There will be a 3-minute halftime period and one minute between quarters 1 & 2 and 3 & 4.

Substitutions

- Substitutes check-in at midcourt line and remain off the court until the referee waves them on.
- *Referees will stop the clock midway (3:00 mark) through each quarter to allow for team substitutions. The game clock will be stopped during this substitution period.*

Time-Outs

- *Each team is allowed one 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 a made basket
- NO 3-pointers
- NO Free Throws

Offense

- 4-corners and other stalling offenses are not permitted.

Out of Bounds

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

Mid Court

- Over & back violations will not be called in the 3rd-grade divisions.

Dribble Count/Closely-Guarded

- There will be no "closely-guarded" count at this level. Defenders should try and stay within five feet of their offensive opponent.

Lane Violations

- Six 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. Young players need a foundation to build from and teaching basic man-to-man defense is the way for them to build this foundation.
 - If a referee determines that a zone defense is being played, then the referee will stop the game and inform both coaches/teams that zone defenses are not allowed. The intent of this rule is to teach good defensive positioning & fundamentals.
- Man-to-Man regulations:
 - Defensive players MAY NOT make a play on the basketball while the offensive player is dribbling. Games can turn into “foul fests” with young inexperienced defenders. Not allowing “reaching in” helps young players avoid fouling and allows some offensive development.
 - The defender must stay within 5 feet of the offensive player he/she is guarding (if the offensive player moves the defense must follow) officials will use their best judgment to determine how far a player is away from the player they are guarding.
 - Double-teaming and trapping defenses are **not** allowed.
 - “HELP” defense is allowed if the defensive player moves into position after a fellow player has been beaten—once the beaten player recovers back to their opponent, then the helping defensive player must also recover back to the player they were originally guarding.
 - Switching is permitted.

Full Court Press

- Teams are NOT allowed to use full-court presses!
- The defense can begin defending once the opposing players cross the midcourt line.

Fouls

- Individual fouls will not be counted
- No Free Throws will be awarded/shot. The ball will be given to the offended team to take out of bounds nearest the spot of the infraction.

Technical & Intentional Fouls (clock will stop if necessary)

- If a technical or intentional foul is administered; the team not committing the foul will receive control of the ball.
- A player committing a conduct technical foul will be removed from the game and cannot play in that game or the next game. A second conduct technical during the same season will result in suspension from the league.
- A coach receiving two technical fouls in a game will be ejected from the game and suspended for the next game. A coach receiving three technical fouls during the same season will be suspended for the remainder of the season.
- A player committing or attempting to commit an intentional act of violence will receive an automatic suspension.
- A bench technical will be issued to the coach—please take responsibility for your players.
- A technical given to a fan will be issued to their team; and the game will not continue until the ejected fan is removed.

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.

For additional information or questions, contact:

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