

# 3<sup>rd</sup>/4th Grade Girls Basketball Rules

## **Playing Time**

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

## **Game Format**

- Four 6-minute quarters (running clock). 5-on-5 format.
- Basket height: 9 ft.
- Ball size: 28.5 women's ball.
- Jump ball starts the game only.

## **Possession**

- Jump ball only to start game.
- Alternating possession arrow after.

## **Halftime & Breaks**

- Halftime: 3 minutes.
- 1 minute between Q1/Q2 and Q3/Q4.

## **Substitutions**

- Substitutes must check-in at the scorer's table and wait until the official waves them onto the court.

## **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.
- One point is awarded for each made free throw.

## **Time-Outs**

- Two (2) - 30-second timeout per half. No carryover.
- Teams will get one timeout in Overtime period(s)

## **Offense**

- No stalling offenses.
- 6 seconds allowed in the lane.

## **Lane Violations**

- Only three seconds in the lane will be allowed by the offense when in possession in their half.

## **Out of Bounds**

- Inbound at spot of out-of-bounds or nearest foul location.

## **Midcourt**

- Offense will have 10 second to cross mid court
- Backcourt Violations will be called

### **Defense Rules**

- 5-second closely guarded dribble count/a player can only hold the ball for 5 seconds if they are closely guarded.
- Man-to-man only, Switching is permitted.
- If a referee determines that a zone defense is being played, then a warning will be issued. Additional infractions will result in the offensive team receiving two points & possession of the ball.
- No double teams or traps
- No Full Court Press until the **4<sup>th</sup> Quarter**. Defenders must wait until the ball passes half court
- Leading team may not extend defense over half court when leading by 10 or more points

### **Fouls**

- Individual fouls will be counted, and each player is allowed only five fouls per game.
- Teams will shoot 2 free throws after opposing team commits 5th foul in a quarter. Fouls will reset at the start of each new quarter. Fouls will NOT reset if a game goes into overtime. Free throws will NOT be shot after team or player-control fouls.
- Flagrant fouls will be administered as technical fouls (two points +possession for the offended team).
- Players lined up in the lane lines may enter the lane on free throws when the ball is released. The shooter (and players positioned outside the 3-pt. arc) must wait until ball hits rim before they can enter the lane.
- Flagrant fouls will be deemed technical fouls.

### **Technical / Intentional Fouls**

- Ball awarded to non-offending team
- Player conduct technical = removed for rest of game + next game; two in season = suspension
- Coach: two technicals = ejection + 1-game suspension; three = season suspension
- Intentional violence = automatic suspension
- Bench technical applies to coach
- Fan technical applies to team; game pauses until fan removed. Fan Ejection = 1-game suspension

### **Overtime Guidelines**

- There will be a one-minute break before the overtime period begins.
- A two-minute overtime period will be played in the first overtime period.
- In the second 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.

**For additional information or questions, contact:**

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