



## **3-4 BOYS/GIRLS BASKETBALL RULES**

**(Revised for 2019-20)**

The following rules are to be observed by coaches in the HYA 3rd - 4th Grade Division. Any questions or allegations of non-compliance should be brought to the attention of the League Coordinator. Coaches are expected to use common sense to resolve issues and never argue in front of the players or spectators.

### **1. ZONE DEFENSE**

To increase the opportunities for young players developing basketball skills to penetrate with the ball to the basket, and to pass the ball into the basket, a man-to-man defense must be used at all times. Zone defense is illegal and will result in a penalty. No defensive player can be allowed to guard a location on the floor.

**Violation:** The defender is expected to be within 6 feet of the person they are defending, unless the defender is involved in a double-teaming of the ball. Violations occur regardless of intent.

**Penalty:** After one warning per game per team, the referee will assess a bench technical foul for each successive violation.

A player must guard Man to Man. When guarding the man bringing up the ball, the player must not be waiting at the top of the key.

**FULL COURT PRESS STARTS IN THE LAST 2 MINUTES OF THE 4TH QUARTER. IF A PLAYER CHOOSES NOT TO PRESS THE DEFENSIVE PLAYER MUST PICK UP HIS PLAYER AT THE LINE. NOT AT THE TOP OF THE KEY.**

If the spread of the game is greater than 12 points within the last 2 minutes of the game, no press is allowed. When the spread is 12 points or less within the last 2 minutes, pressing is allowed.

**Penalty:** After one warning per game per team, the referee will assess a bench

technical foul for each successive violation.

## **2. DOUBLE and TRIPLE TEAMING**

Once the ball and/or dribbler cross the mid-court line, double-teaming on the ball (two players very closely guarding the dribbler) is allowed at any place in the front-court. To be legal, both players must be simultaneously guarding the face of the dribbler. The intent of the double teaming rule is not to have a "free safety" roaming around chasing the ball, especially from behind the play. Double teaming of the ball from adjacent defenders to the man with the ball is allowed provided that a single "safety" defender isn't jumping from pass to pass chasing the ball. The rule is meant to encourage logical double teams in the spirit of man to man defense and encouraging proper rotation of defensive players adjusting to the help defender's initial double team. All double teaming calls are at the discretion of the officials.

**Violation:** A second defender waiting for the dribbler to advance, or chasing behind the play or playing safety and chasing the ball from behind the play, constitutes an Illegal Double Teaming and results in a penalty on the defender who is not directly fronting the dribbler. Triple teaming on the ball is never allowed.

**Penalty:** Illegal Double Teaming or any Triple Teaming results in a warning. Any subsequent infractions result in a bench technical foul.

## **3. BACKCOURT DEFENSE**

Backcourt defense, in any form, is not allowed. No attempt at stealing the ball from the dribbler is allowable until the ball and dribbler has achieved front-court status. Backcourt defense is allowed during the last two minutes of the fourth quarter and any of overtime periods.

**Violation:** The defense is not allowed, in any way, to attempt to gain possession of the ball from a dribbler until the dribbler and the ball have entirely crossed the mid-court line. The defense may also not attempt in any way to impede, obstruct or distract the offense, with or without the ball, from progressing up the court. Incidental backcourt defense is at the discretion of the official. Incidental backcourt defense is not subject to warnings or technical fouls and instead will result in a normal inbound situation for the offense if the whistle is blown.

**Penalty:** After one warning per game per team, the referee will assess a bench technical foul for each successive violation.

#### **4. ILLEGAL ISOLATION**

A. Teams are not allowed to isolate players on the court in the following manner:

i. To purposely place an offensive player in a position where he/she is completely put out of a play solely to take a good defender and take them completely out of play. An example would be where the best defender on a team is isolated to mid-court by an offensive player positioning themselves at mid-court, forcing the defender to play man-to-man defense on a player completely out of the offense.

ii. To purposely move a set of offensive players away from an offensive ball handler in order to create an isolation between one offensive and one defensive player. An example of this would be moving players to one side of the court to purposely isolate a single offensive dribbling player to go one-on-one against a defender.

B. Enforcement

i. Illegal isolation is at the discretion of the official. Illegal isolation is subject to an initial warning, then subsequent technical fouls for repeat violations.

#### **5. SEATBELT RULE**

A. Only one coach is allowed to stand on the bench during play .If the head coach is standing, the assistant(s) must be seated on the bench during play. If the assistant is standing, then the head coach must be seated.

B. The head coach is the only coach able to address officials about ruling clarification or questioning surrounding rules or violations. For example, the assistant coach is not allowed to bark at officials from the bench complaining about perceived bad calls.

C. Enforcement

i. The seatbelt rule is at the discretion of the official. The seatbelt rule is subject to an initial warning, then subsequent technical fouls for repeat violations.

#### **6. RULES**

A. Foul shots are taken from the foul line. "B" team players may start on, or end up over the line, with no penalty. Patch Ref will make this call and once the call is made it may not be argued.

B. Players have ten seconds to get the ball over half court, and five seconds on inbounds plays. Players must keep advancing or moving the ball in the front-court, every five seconds in closely guarded situations. Violations will result in turning the ball over to the defense.

C. A player shall not remain for three seconds in his/her free-throw lane while the ball is in control of his/her team in the front-court. Allowance shall be made for a player who, having been in the restricted area for less than three seconds dribbles in or moves to try for goal. Violations will result in turning the ball over to the defense.

D. Games and overtimes will start with a jump ball. In all other jump ball situations, teams will alternate possessions, with the next possession to be tracked by the scorekeeper. After the jump ball, each quarter starts with alternating possession from center court.

**E. Overtimes will be three minutes stop time, (FULL COURT) with a maximum of two overtimes during regular season.**

**Each team has one (1) full time out and one (1) 20 second timeout.**

**Any player can play in overtime.**

**PERSONAL FOULS CARRY OVER. TEAM FOULS CONTINUE.**

F. Playoffs: overtimes will continue until a winner is determined. All three minutes will be played full court.

G. Quarters will be ten minutes run time in length. The clock is stopped only for shooting fouls, timeouts, and injuries. The ref will assist the timekeeper by signaling to stop the clock. For the last two minutes of the game, and overtime periods, the clock stops on all whistles and will start at the point of in-bound possession. If there is a pattern of games running long, game times may be cut back by the League Coordinator.

H. Timeouts: Each team is allowed three full time-outs and two 30 second timeout per game in a regulation game. All full timeouts are 45 seconds in length. One full timeout is added per overtime period. A team calling an excessive timeout, one in which they have utilized all of their allotment, will result in a bench technical foul.

I. All player names shall be entered into the scorebook prior to the start of the game. Entries in the scorebook will begin with the strongest rated player and proceed down in order of master roster. It is the Head Coaches responsibility to ensure the accuracy and completeness of the scorebook entries 10 minutes prior to the start of the game.

J. Players shall report to the scorer before entering the game and shall not prior to be summonsed by the referee.

K. Uniform shirts shall be worn by each player in the game, and cannot be exchanged with other players during that game.

### **\*\*\*Mouth Guards\*\*\***

**Mouth Guards must be worn in all games. A player needs to wear a mouth guard in his/her mouth during play.** If a player arrives to a game with out a mouth guard they will not be able to play. An extra Mouth guard may be available at the scorers table.

## **7. FOULS:**

A. Two shots will be awarded for fouls in the act of shooting.

B. A situation of 1 and 1 will be imposed upon the seventh through ninth team foul in a half. Upon the tenth team foul in a half, two shots will be awarded.

C. Players on the A team receiving five fouls of any kind will foul out of the game.

D. Players on the B team receiving five fouls may be left in at the opposing coaches' discretion. Additional fouls committed by the B player will result in a bench technical.

E. Intentional and Flagrant fouls constitute a technical foul assessed to the player.

F. A technical foul shot shall consist of two shots, plus possession of the ball at center court. The technical also counts as a personal against the player, and as a team foul. A technical foul will be recorded as such in the scorebook with the player or coach's name.

G. A player receiving two technical fouls will be ejected from a game.

H. A player cumulatively receiving two technical fouls for unsportsmanlike conduct during the season will be ineligible to play in their team's next game, including the playoffs.

I. A player or coach receiving a third unsportsmanlike technical foul will be expelled from the league for the remainder of the season, including any playoff games.

### **RULES GOVERNING STRUCTURING "A" AND "B" TEAMS IN GAMES (See AB Substitution Grid)**

Overall - these rules are intended to keep the overall level of play as fair as possible, relative to the skill ratings of players on the floor together. **Coaches are expected to make a serious effort to work together and resolve problems using these guidelines.** For the **first two games**, coaches are expected **to strictly follow master roster from the draft**, as shown on the league roster for their team, with any exceptions made only after consultation with the other coach and the league Coordinator. After the first two games, permanent adjustment to the order of players on rosters can be considered, based on the demonstrated level of play. **Any proposed roster changes must be discussed with the Division head before being implemented.** See following:

Overall guidelines for every game

- "B" team plays first and third quarter
- "A" team plays second and fourth quarter
- No player can play in four quarters. Once play has started in a quarter, a player on the court is considered as playing in that quarter, even if only in for a few seconds.
- Anyone can play in overtime, doesn't count as a quarter.
- Injuries may constitute the need to violate the four-quarter rule, but this must be explained and agreed to by the opposing coach.

**13 players available** = First 6 players on the roster are A. 7-13 are B players.

**12 players available** = First 6 players on the roster are A players, 7-12 are B players.

- six players, sorted per roster order, each on A team and B team
- all players play in two quarters
- each player plays at least half of each quarter (total time per quarter)

