



3rd-4th GRADE BASKETBALL

LEAGUE RULES

The goal of this league is to develop fundamental basketball skills, teach team play, sportsmanship and introduce the players to game situations. Below lays out how the season is to be utilized. Fundamentals are what we are trying to impose, within the boundaries of fun, so they do not develop bad habits that are very hard to undue. Thank you in advance for being a positive role model to ALL of the kids on the team and our community.

Week 1-3: 15 minutes warm up, 3 vs 3 games (four - 8-minute periods)

Weeks 4/ beyond: 15 minutes warm up, 5 vs 5 games (four - 8-minute periods)

GENERAL LEAGUE RULES

- 3-4th Grade practice(s) will not be longer than 1 hour in length and occur no more than once per week at team's school gym.
- All 3rd -4th Grade games will be played at Merton Primary and will begin with 15 minutes of warm ups followed by four 8-minute periods with 1-2 minutes between periods and 5-minute half.
- There is a running clock for the game. The only time the clock should stop is for injuries, timeouts, and between periods. Otherwise, clock should continue running
- The Rims will be set at **9.5 feet** or at a height necessary that all kids can shoot appropriately.
 - Higher rims do NOT benefit everyone and shooting wrong to make it doesn't help either.
- **28.5 balls** will be used for this league
- There are no free throws. There are no three pointers; all baskets shall be worth two points if keeping score.
- If a foul is called: Teams will take the ball out from the top of the key on turnovers
- **No stealing off a dribble.** Players may attempt to steal off a pass or attempt to gain possession of the ball due to a loose ball or a mishandling of a pass by the offensive player
- Defensive switching NOT is allowed. On a pick or screen another defender can help temporarily until the teammate recovers, but must return to his own man immediately after helping. This is referred to as "help and recover". **No double teaming is allowed.**
- If players are double-teaming or leaving their man to cover other players, the coaches should blow the whistle and start the play over at the top of the key
- There is no 5 second rule, but if a player holds or dribbles the ball in one spot for a long period of time, coaches should blow the whistle and start the play over at the top. If the same player does this again on the same possession the ball is awarded to the defense.

RULES – 3 VS 3 (WITH OUTLET PASSERS)

Purpose of this style of play is to focus on game play while at the same time maximizing the athletes time as the intent is to have nobody sitting the entire game. As teams are broken up it also allows for more individualized attention (again in game situations) to focus on fundamentals. For this reason, we expect to see coaches more likely to stop play to show corrections.

Coaches, please take the time to encourage passing, fundamentals and proper shooting techniques as best as you can.

Per above “General League Rules”, including the following:

- Coaches will split their individual teams for each game where 1/2 will play another team's 1/2 using both hoops on the court
- Teams will play 3 vs 3 with the emphasis on fundamentals, constant play and ultimately fun (the intention is nobody sits out)
- **Four - 8-minute periods** consisting of substitutions every 4 minutes throughout each quarter (unless coaches feel otherwise)
- Game will always start with a pass from the top of the key. This is start of game or any turnovers. Player may dribble to pass but the intent is NOT to shoot before passing at least once.
- 1st team listed on the schedule will switch sides at half time which will consist of 5 minutes for drinks, etc.
- 1-2 minutes between each quarter will allow “quickly” for drinks
- Additional kids will be used at **side outlet passers only**. The intent is to be a relief passer at the 3-point line, for all time offense
- Defense: Defenders are not to steal the first pass from top of key
- Coaches/refs to call fouls, traveling, double dribble, out of bounds, etc. fairly for both teams with the intent to for the kids to learn right from wrong, not to just blow the whistle constantly.

RULES – 5 VS 5 (Full court)

- Teams will play full court, utilizing both hoops
- Team listed first on the schedule will start with the ball
 - If you want to start the game with a jump ball, that will be based on coaches' discretion
- **Four - 8-minute periods** consisting of substitutions every 4 minutes throughout each quarter (unless coaches feel otherwise)
- The clock will remain running but subs can be rotated in at any time
- There are no free throws. If a foul is called, the ball can be thrown in or identify the foul and continue play
- Coaches/refs to call fouls, traveling, double dribble, out of bounds, etc. fairly for both teams with the intent to for the kids to learn right from wrong, not to just blow the whistle constantly.