



YOUTH BASKETBALL RULES

3rd-6th Grades

I. Youth Sports Policy

The policy of Indianola Parks and Recreation is to strive to give every young person an opportunity to participate in Parks and Recreation Department sponsored youth sports programs. The opportunity to participate is to be available to all children, regardless of ability level. The youth sports programs shall provide an opportunity for youth to learn fundamental athletic skills, teamwork and sportsmanship. Maximum time of participation and an enjoyable experience by all youth shall be stressed.

II. Playing Time & Player Supervision

- A. It will be the coaches' responsibility to see that all players on their team obey all league rules. The coaches' responsibility extends to include keeping discipline and control of their team during any practice sessions and games. **All players must be accompanied by a coach at all practices and games.**
- B. All games must be played as scheduled. The Parks and Recreation Department reserves the right to reschedule games when there are facility conflicts and/or weather postponements.
- C. For liability reasons, no players can be added to any team unless they are added by the Parks and Recreation Department.
- D. The referees, building supervisor, or employee of Indianola Parks and Recreation Department has the right to require any coach, player or spectator to leave the building due to unsportsmanlike conduct.

III. League Rules

- A. Iowa High School Rules will apply to all leagues unless noted:
 - 1. Each team will compete with five (5) players. Each team must have at least four (4) players to begin a game.
 - 2. Height of the Basket
 - 3rd/4th Grade: 9 feet
 - 5th/6th Grade: 10 feet
 - 3. Playing time
 - 3rd/4th Grade: 4 quarters of 8 minutes each with 1-minute intermissions. **Substitutions will be allowed every 4 minutes.**
 - 5th/6th Grade: 4 quarters of 9 minutes each with 1-minute intermissions. **Substitutions will be allowed every 3 minutes.**
 - 4. The clock will run continuously. No foul shots will be shot. If shooter is fouled and basket is made, the opposing team will get possession. If shooter is fouled and basket is missed, the offense will keep possession.

5. Teams are allowed two (2) 30-second time-outs per half.
 6. No full-court pressure.
 7. Fast breaks ***are allowed*** on a long rebound or an outlet pass. **As coaches, teach team basketball – passing.** In a half-court offense, more than two (2) people should touch the basketball. If a coach continually allows a one-person offense, we will enforce this rule.
 8. No zone defense allowed. Man to man defense, please.
 9. No double team allowed.
 10. Ball Handler Pressure:
3rd/4th Grade: The ball handler may be pressured but, but the ball cannot be stolen or knocked loose.
5th/6th Grade: Standard rules. Half court pressure and steals allowed.
 11. To keep games on schedule and the overall facility schedule intact, a tie game will be a tie game. No overtime.
 12. Players are allowed five (5) fouls per game.
 13. Coaches are responsible for getting roster sheets filled out before each game (10 minutes). Home team will be the team listed second.
 14. All players must play at least two full quarters and no more than three quarters, unless not enough players are present to comply with this rule. Please be sure the playing time remains equal.
- GOOD SPORTSMANSHIP IS AN ABSOLUTE NECESSITY.** Any player or coach or parent who does not demonstrate this will be asked to leave.

IV. Practices

- A. Players should not enter a practice site without the supervision of their coach. All players must leave the practice site when the coach leaves. Coaches – you are responsible for the actions of your team, so keep them close to you at all times.
- B. When entering, using and leaving a practice site, please be respectful of the property. This includes changing into gym shoes and picking up any litter left by the team.

V. Cancellations – Rescheduling

- A. If school dismisses early, due to bad weather, there will be no games or practices held that evening. If school is not dismissed early, yet all evening activities are canceled, all Parks and Recreation activities will be canceled.
- B. Cancellation information can be found on TextCaster, <https://tinyurl.com/y5e389lp>. Please encourage yourself and other team members to join the appropriate group.

VI. Miscellaneous

- A. The Indianola Parks and Recreation Department, Indianola Community Schools, and all employees of the above will assume no responsibility for accidents or injury to any player or spectator.
- B. All players and spectators are asked to wipe their feet as they enter the school facilities. NO food or drink allowed in the gyms.