

## 4<sup>th</sup> – 7<sup>th</sup> Grade Basketball Rules

### High School Rules with the following additions:

- Players will wear Parks & Recreation game tee shirts.
  - Away team wears blue shirt
  - Home team wears gray shirt
- Game length
  - four (4) 10-minute running quarters.
  - Clock will stop the final minute of each half.
  - If a team is ahead by 20 or more points the clock will continue to run.
- 28.5" basketball will be used for 4<sup>th</sup> – 7<sup>th</sup> grades
- Half-time is five (5) minutes.
- Time Outs: one (1) one-minute time-out per half. One (1) additional time-out will be granted per overtime.
- Switch baskets at half.
- All games will start with a jump ball.
- Defense may be applied at the half-court line.
  - No full court pressure.
  - Players may steal the ball off the dribble after the offensive team has passed half court.
- **No zone defense may be played. Defense must be man-to-man.**
  - The defender must be no more than three (3) feet away from the offensive player; however, a defensive player may "help" if an offensive player drives in for a lay-up.
  - No switching unless a screen has been set.
  - The offensive team may not use this rule to their advantage (i.e. positioning offensive players in the corners of the court to keep defenders from being able to defend their basket.)
- Free Throw: two (2) free throws are shot when fouled in the act of shooting.
  - On the 7<sup>th</sup> team foul, shoot 1-1 free throws. On 10<sup>th</sup> team foul, shoot two.
  - 4<sup>th</sup> Grade– will shoot from 14'; may cross the line.
  - 5<sup>th</sup> – 7<sup>th</sup> will shoot from 15'; must remain behind the line.
- If the game is tied at the end of regulation, there will be one (1) minute overtime. One (1) additional time-out will be granted per overtime. There will not be a second overtime.
- Substitutions must be made during dead balls.
  - Alert the referee when a substitution is being made.
- **Each player is required to play at least one-half of the game.** Players should have a chance to learn and have fun, regardless of their experience or ability. This rule is enforced even if players are unable to attend practices.
- If one team is short players for a game, ask that the opposing team to provide a player(s) so the game can be played. There are no forfeits in our program.
- Coaching from the sideline is permitted, as long as the coach(es) use discretion. Profanity, yelling or other unsportsmanlike conduct will not be tolerated by the coaches, parents or participants. The Referee has the right to ask any player, coach or fan to leave the area. **Coaches may not question calls from the sidelines while the game is in progress.**