

# WHITE BEAR LAKE COMMUNITY SERVICES & RECREATION

## RULES / GUIDELINES / REGULATIONS

### 3<sup>rd</sup> & 4<sup>th</sup> Grade Rec Basketball

**League Home Page-** <https://www.teamsideline.com/sites/whitebear/home> (Schedules, standings, & scores)

These rules apply for the White Bear Lake Community Services & Recreation Departments Recreational basketball leagues for boys and girls in grades 3 & 4. The National Federation High School Basketball Rule Book shall serve as our official rulebook except where our specific league rules will always take precedence over the rulebook.

#### **PURPOSE:**

The WBL Community Services & Recreation Basketball Program is organized to teach youth how to play basketball and to provide players with an opportunity to experience good sportsmanship, a positive environment and enjoyable recreation. This is a developmental recreation program.

#### **ORGANIZATION:**

WBL Community Services and Recreation has overall authority and responsibility for the Basketball Program. The program is administered and directed by the WBL Community Services & Rec Department.

#### **ELIGIBILITY:**

All players should be in their current grade level during the current school year. All players should be fully registered through WBLCS prior to the start of the season. Players are allowed to play up one grade level.

**Traveling league players are not able to play in this league.**

#### ***Roster:***

3<sup>rd</sup> Grade: 4 player's minimum to 12 players maximum

4<sup>th</sup> Grade: 4 player's minimum to 12 players maximum

*A player may play only for his / her assigned team.*

#### ***Format:***

3<sup>rd</sup> Grade Boys will be played-- 4 on 4

3/4 Grade Girls will be played-- 4 on 4

4<sup>th</sup> Grade Boys league will be played-- 4 on 4

#### ***Game Length:***

8 quarters with 5 minutes running time

There will be a one minute break between all quarters.

#### ***Running time:***

except during:

a. Free throws

b. Time-outs

c. Last 1 minute of the 4th quarter

d. Last 2 minutes of the 8<sup>th</sup> quarter

e. Clock does not stop during the last 2 minutes of the 8th quarter if a team is ahead by 15 points or more. It will continue to run even if the lead is cut to fewer than 15 points.

#### **Time Outs:**

Each team will be allowed three (3) timeouts per game during regulation time.

Each team will be allowed one (1) timeout during the overtime(s) period.

-Any unused timeouts from regulation time **will not** be carried over into overtime.

-A team calling a time when it has none left, will receive a warning on the first offense, the second offense will result in a technical foul, which is an automatic two points and the ball to the opposing team.

**Overtime Period:**

1st overtime period will be 2 minutes stop time-- You do have the option of switching players for the first overtime. If a 2nd overtime is needed it will be a sudden death first basket wins-- A different group of players must play in the 2nd overtime. Each team will receive one (1) timeout only for OT. A jump ball will start each overtime period.

**Playing Time:**

For each game, every team member that is present must play at least the minimum time in EACH HALF, except for injuries or player discipline. If a coach plans to use a player only briefly for reasons of health or discipline, the coach should inform the officials and the opposing coach so his/her intentions are clarified.

**ALL PLAYERS MUST PLAY EQUAL PLAYING TIME EACH GAME.**

Infractions that shall lead to disciplinary loss of playing time should be clearly defined by the coach at the start of the season so that players and their parents are aware of the team rules. When disciplinary action is taken, the coach must communicate with the player involved, and ideally with his/her parents, so that the infraction and disciplinary action are clearly understood by all parties.

Violations of the Playing Time Rule can result in the game being forfeited by the offending team. Officials and the Official Scorekeeper will enforce this rule to the best of their ability. Coaches suspecting a team of violating this rule should politely point it out to the game official and let it go at that until after the game at which time the coach should contact Community Services and Recreation at (651) 407-7506. We will make every effort to monitor the games.

PLAYING TIME – 3 <sup>rd</sup> GRADE	PLAYING TIME – 4 <sup>th</sup> GRADE
<b>4 players:</b> Four play 8 periods each	<b>4 players:</b> Four play 8 periods each
<b>5 players:</b> Three play 6 periods each and two play 7 periods each	<b>5 players:</b> Three play 6 periods each and two play 7 periods each
<b>6 players:</b> Four play 6 periods each and two play 4 periods each	<b>6 players:</b> Four play 6 periods each and two play 4 periods each
<b>7 players:</b> Four play 5 periods each and three play 4 periods each	<b>7 players:</b> Four play 5 periods each and three play 4 periods each
<b>8 players:</b> Eight play 4 periods each	<b>8 players:</b> Eight play 4 periods each
<b>9 players:</b> Five play in 4 periods each and four play 3 periods each	<b>9 players:</b> Five play in 4 periods each and four play 3 periods each
<b>10 players:</b> Six play in 4 periods each and four play 2 periods each	<b>10 players:</b> Six play in 4 periods each and four play 2 periods each

**Substitutions:**

Once a player is on the court, the coach may not substitute during the current period.

The only exceptions are:

- Injury or illness
- Blood rule
- Player discipline

During these special situations, a coach must substitute a player of “comparable ability” that is sitting on the bench. Sportsmanship should be your guide, not winning. The playing time of the substitute will not be recorded against their normal rotation. A player removed for injury, blood rule, or discipline should return as soon as they are able. Coaches may not modify their normal rotation to make up for the removed player’s lost time. No other substitutions are allowed. When players must be replaced during a period due

to injury, illness, blood rule or foul trouble, substitutes must report to the scorer's table and be waived in by the official. Substitutions will be allowed only during normal stoppage of play after the whistle has been blown. You do not have to use a time-out when substituting players.

**Ball Size:**                      **All leagues:**                      27.5 (Junior size)

**Rim Height:**                      **3<sup>rd</sup> Grade Boys:**                      9ft basket  
   **4<sup>th</sup> Grade Boys:**                      10ft regulation basket  
   **3/4 Grade Girls:**                      10ft regulation basket

**Officiating Personnel:**                      Two officials will be assigned to each game. The officials shall have final authority on any scorekeeping disputes.

**Jump Balls:**                      The only time a jump ball will occur will be at the beginning of the game and the beginning of all overtime periods. For all other jump ball situations, alternate possession will be used including the start of quarters and the second half.

**Over and Back:**                      Will be called in this league. If the ball or body part touches the line it is considered over and back.

**Free throws:**                      A player fouled in the act of shooting shall be awarded points As follows:

- Free throws will be shot from 3 feet in front of the foul line. A player may cross the line as long as it is not intentional. This is for both 3rd & 4th grade.
- If the field goal was made, the field goal will count and The offended player will be awarded one (1) free throw attempt.
- If a field goal was not successful, the offended player will be awarded two (2) free throw attempts.

**Free Throws & Bonus Free Throws:**

Bonus free throws will be awarded on the team's 7th team foul of the half. Double bonus shots will be awarded on the team's 10th foul in a half. All 2nd half fouls will carry over into overtime.

*Bonus= 1 and 1                      Double Bonus= Automatic 2 shots*

**Scoring:** Two points will be awarded for field goals and one point per free throw.  
3 pointers will result in 3 points.

**Jewelry:** No jewelry will be permitted. This also includes no tapped earrings or padded casts.  
Health bands or necklaces are allowed.

**Technical Fouls:**

The offended team will be given an automatic 2 points and the ball at half court (no free throws). Technical fouls by coaches will be tracked and reported to the league director. If a coach receives 2 technical fouls during the season they will be suspended for the next game. If this happens during the playoffs they will be out for the remainder of the playoffs. If a coach, the bench or a fan is given a technical foul the offended team will be given an automatic 2 points and the ball at half court (no free throws).

**Fouling Out:**

Players will foul out of the game after receiving their fifth personal foul.

**Lane Violation:** A five (5) second lane violation will be enforced  
**\*Officials will give verbal warnings when/if possible.**

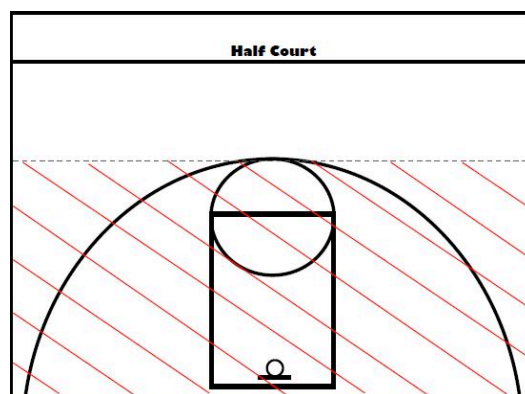
**Stealing:**

**3rd Grade Boys:** No stealing of the ball. Stealing the ball from a pass is allowed-- A handoff is considered a pass.

**3/4 Girls-** No stealing during the first 4 games. Stealing the ball from a pass is allowed-- A handoff is considered a pass. \* Will adapt for below rule starting game #5

**3/4 Girls & 4th Grade Boys:** Stealing of the ball is allowed only inside the "steal zone". The steal zone is located from the top of the key extended to the baseline. Once the ball enters the steal zone the entire half court is live. If the ball moves from outside the steal zone it is still legal to steal the ball.

**STEAL ZONE** ----->



**Defensive Pressure:** After a rebound or losing possession-- when a defensive player controls the ball, the team that was on offense must fall back on defense past half court.

**Person to Person Defense:** Person-to-person defense is required.  
Means, guarding a minimum of an arms length to a maximum of six (6) feet from their player.  
\* 3/4 Girls: match up by grade if possible

**We want the defensive players arms out to their side extended. We don't want the defensive player wrapping their arms around the offensive players (Hugging).**

**Trapping & Double Teaming:** No double / triple teaming or trapping above  
The free throw line extended to each sideline  
to the mid-court. Help defense in the lane is not considered trapping.

**Zone Defenses:** Zone defenses are not allowed-- Help defense is not considered a zone.

**Full Court Press:** Pressing defenses are not allowed. Players must fall back at change of possession.

**Illegal Defense:** When an illegal defense infraction is called, the referee's will follow these procedures:

**Step 1:** The offending coach and bench will be advised of the infraction. This will constitute the first warning. This will be the only warning a team will receive for the entire game.

**Step 2:** Second and all subsequent violations will result in an illegal defense foul assessed against the offending team. Each violation after the first warning will result in the

offended team receiving an automatic two (2) points and the ball out of bounds at mid court.

**Mercy Rule:** We will allow coaches involved in a game where the point differential is 35 points or more at half time to come to a mutual decision for the second half. We want the coaches to discuss and implement a solution that works for all involved.

**Isolation offense:** Is not allowed. It is the goal of the league to have everybody involved. You will be warned once and the second violation is a bench technical resulting in an automatic 2 points and the ball for the opponent of the offending team. It is the referee's discretion on if they feel this rule is being violated.

**\*A player that has the ball cannot hold the ball for more than 10 seconds. We also need to enforce a player being closely guarded. We do not want to see a player taking the ball and standing or moving in one area dribbling the ball for a long period.**

**Sportsmanship:**

Coaches are responsible for the leadership and sportsmanship of their players and spectators. Sportsmanship is displaying respect for opponents and officials. Coaching leadership is effectively achieved by treating people fair and with courtesy, maintaining self-control in emotionally charged situations, teaching with encouragement and inspiring players. Coaches should be working together in creating a positive environment and game day experience for everyone.

**White Bear Lake Community Services & Recreation Department**

**Parent Commitment & Code of Conduct**

1. *I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.*
2. *I will place the emotional and physical well being of my child ahead of my personal desire to win.*
3. *I will insist my child play in a safe and healthy environment.*
4. *I will support volunteer coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.*
5. *I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.*
6. *I will remember that the game is for youth- not adults.*
7. *I will do my very best to make youth sports fun for my child.*
8. *I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.*

**\*\* Any violation of the WBL Community Services & Recreation Parent Commitment may result in temporary or permanent banishment from current or future youth recreational programs.**

*(Updated 11/11/25)*