



Rules: Grades 3-4 Competitive Division

I. Game Time:

- a. Games will consist of 4 - 8 minute quarters.
- b. All players will play an equal amount of time on the court. Teams with less than 10 or exceeding 10 players will rotate players so no one player is playing the entire game.
- c. All coaches will have a parent or designated person to keep track of fouls for their team.
- d. No overtime will be played.

II. Timeouts:

- a. Teams will be given 2 time outs per half. Timeouts do not carry over from the 1st half to 2nd half, or from game to game.

III. Games:

- a. All games will start with a tip at center court. Possession will alternate by each team through jump balls and the beginning of each quarter.
- b. Teams will switch direction of play at halftime.
- c. Teams will have 10 seconds to cross the ½ court line.
- d. On an out of bounds play, offensive teams will have 5 seconds to inbound the ball once it is handed to them by the referee.
- e. Clock will stop around the 4-minute mark for substitutions. This time will be for substitutions only unless a player has an injury.

- f. Teams will play man to man defense only. The defensive player should be within an arm length away from the offensive player they are guarding.
- g. No zone defense will be played.
- h. Teams are to play ½ court defense only.
- i. A three second call will be made when the offensive player is in the lane/paint for three seconds.
- j. There will be no one-on-one / isolation plays for the offensive team.
- k. All players will be included in the offense.
- l. Teams will match up at half court at the beginning of each quarter, as well as after substitutions.
- m. Teams will receive 1 point for a free throw, and 2 points for all other made baskets.
- n. There will be a 5 second call if an offensive player is being actively guarded by a defender while dribbling or if the player picks up the dribble. This will begin once the offensive player crosses half court.
- o. Stealing is permitted.

p. Starting week 3, teams are able to play full court defense, man to man only.

q. Teams cannot play full court defense or double team if there is a difference of 15 points in the score.

r. Teams are able to trap only after the offensive team crosses half court. There is no double teaming an offensive player in the backcourt.

IV. Free Throws

- a. Teams will shoot free throws:
 - 1. when a player is fouled while shooting.
 - 2. when a team reaches 10 fouls in one half- 2 shots.
- b. Teams will line up 6 in a lane, on free throws. All other players will line up behind the shooter outside the 3-point line.
- c. Teams can rebound free throws when the ball hits the rim.

d. Free throw shooters cannot cross the free throw line until the ball hits the rim.

V. Player fouls to be called:

- a. Charge (foul on offensive player)
- b. Over the back (foul on player over the back)
- c. Putting hands on the offensive player (foul on offensive player)

Players will foul out of the game when a 5th foul is committed. Coaches are in charge of keeping track of fouls.

Other infractions:

- a. Traveling (change of possession)
- b. Double Dribble (change of possession)
- c. 3 seconds (change of possession)

All shots are worth 2 points. Free throws are worth 1 point

Any player that does not display the core values of the YMCA throughout the season will be asked to sit for the remainder of their game, or for the remainder of the season. This decision will be made by Don Seibert, Youth and Family Director, Director of the Youth Basketball Program.

Honesty, Caring, Respect, Responsibility, Sportsmanship, Teamwork