



Rules: Grades 3-4 Recreational 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. 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. Clock will stop around the 4-minute mark for substitutions. This time will be for substitutions only unless a player has an injury.
- d. Teams will have 10 seconds to cross the half court line.
- e. 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.
- f. No zone defense will be played.
- g. A **double team** will be called:
 1. when 2 players are guarding a player with the ball at the same time.
 2. while a player dribbling a ball, is being guarded by a defender, and another defender steals the ball.
- 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 3 - 4 seconds.
- j. There will be no one-on-one / isolation plays while for the offensive team.
- k. All players will be included in the offense.
- l. After each time out, teams will line up at half court across from the player they will be guarding while facing the direction they will be going.

m. Starting week 9, defensive teams will be allowed to steal the ball from the offensive player.

n. Players will foul out of the game after the 5th foul.

o. Teams cannot steal the ball until the team crosses half court.

p. Teams cannot steal the ball if your team is ahead by 15 points

IV. Free Throws

- a. Teams will shoot free throws: (may move one step in front of line-cannot rebound)
 - 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 rebound the ball if the free throw is missed.

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)

Other infractions:

- d. Traveling (change of possession)
- e. Double Dribble (change of possession)
- f. 3 seconds (change of possession)

Honesty, Caring, Respect, Responsibility, Sportsmanship, Teamwork