

## **GYS Basketball Rules for 3rd/4th grade division-Boys and Girls**

Regulation basketball rules except for the following amendments:

1. Teams will play **4-on-4** full-court basketball.
2. **Goal Height**- 9 feet
3. **Ball size**- 28.5 inch ball for both boys and girls
4. **Clock**- 8-minute quarters with a running clock except the last minute of each half.
5. **Timeouts**- Two timeouts per team per game.
6. **Shooting Fouls**- Only one free shot taken for two points, except after a made field goal. *Player must start behind the free throw line, may jump over line.*
7. **Bonus**- *Teams will be in the bonus at 5 team fouls. Bonus resets at the end of every quarter.*
8. **Pressing**- Press will be allowed in 4th quarter only. *If a team is up 15 or more points, no pressing allowed.*
9. **Defense**- Defense will be man-to-man at all times. No zone will be allowed. Players cannot camp out under goal/in lane with no awareness of where their man is. Double team is only allowed in the lane in a situation where a man gets beat. The defense cannot pick up their man until he/she crosses half-court (see #10 Fastbreak).
10. **Fastbreak**- Players can fastbreak but cannot be defended until past half-court. Defense should get back and pick up man at half-court. Exception: if they decide to pass the ball while in transition, the pass could be stolen or defended.
11. **5-Second Rule**- closely guarded player has 5 seconds to dribble, pass, shoot or create separation from the defender.
12. **10-Second Rule**- players have 10 seconds to advance the ball past half court.
13. **Player rotation**- All players must play a full quarter in the first half. In the second half, substitutions during each quarter will be allowed. Each player must play in the second half.
14. **Overtime**- No timeouts. 2 minutes running clock overtime for tied games. If the game is still tied after 2 minutes, score remains a tied game. Exception-Playoff games- up to 2 overtimes will be played, if game is still tied after 2 overtimes we will start a sudden death overtime.
15. **Sideline**- Only the coach and an assistant may be on the floor with the team. If a coach or assistant cannot be at a game, any fill-in must be approved by a board member.
16. **Score table**- Each team must provide a parent keeping the clock or the score book during each game.
17. **Referees**- Coaches may not speak directly to referees unless they are calm and respectful. If an issue is to be resolved please address the board member on duty in the gym. Violations of this rule will result in a technical foul, one for two foul shot, and a loss of possession. Two technicals in one game will result in ejection from the game.
18. **Code of Conduct**- A player or coach may be removed from a game for unsportsmanlike conduct. Code of Conduct was acknowledged by all participants at registration.