



**BOYS & GIRLS CLUB
OF BOONE COUNTY**

3rd 4th Grade BASKETBALL RULES

These are the rules of the league that will be upheld during the season, so please read and understand, if you have any questions, please contact the AD at the Club.

Playing Time:

Equal playing should be given to all players during the season.

(10 kids; all play four, 5 minute sessions)

(9 kids; four play five, 5 minutes sessions; five play four, 4 minute sessions)

(8 kids; all play five, 4 minutes sessions)

All players should start games multiple times.

Practices:

All practice schedules must be cleared with the AD at the Boys and Girls Club.

Practices should not last more than 1 hour.

General:

This is an instructional basketball league with focus being on teaching the game of basketball to all participants. Except as indicated below, Jr. NBA and USA basketball rules will apply. <https://www.nba.com/news/nba-usa-basketball-youth-basketball-rules>

Coaches:

We use volunteer basketball coaches. Any coach or parent displaying unsportsmanlike conduct will be given a warning the first time, and a technical the second occurrence. If the problem persists, the coach or parent will be asked to leave the facility. A coach receiving one technical will not be allowed to coach the team for the remainder of the game. Any coach found displaying unsportsmanlike conduct will not be allowed to coach, following the season and in the future at the Boys and Girls Club.

Quarters:

4 quarters of 10 minutes in length. Clock will only stop for timeouts and injuries, as well as on every dead ball during the last 2 minutes of the game.

1 minute between quarters and 2 minutes between halves.

Overtime will be 2 minutes, 1 minute and sudden death.

Timeouts:

2 per half (one minute each)

1 for overtime. (one minute)

Timeouts do not carryover.

Rules:

Bonus free throws go into effect on the 7th team foul of each half. Two shot fouls on the 10th team foul per half. Two shot fouls for deliberate fouls at any point in the game.

Lane violations will be 5 seconds.

Ten second rule applies.

Free throw line will be 14 ft.

Basket height will be 9 ft.

Basketball size will be 28.5”

Each player is allowed 5 personal fouls.

Defenses:

No zone defense of any kind will be allowed. Double-teaming will be allowed only in the paint area.

Each player must actively guard his opposing player.

Steals will be allowed on passes only.

No pressing.

The offensive team, after losing possession, must retreat to the center line before picking up his/her player on defense.

TEACH THE FUNDAMENTALS AND HAVE FUN!!!