



## 4<sup>TH</sup>/5<sup>TH</sup> GRADE BASKETBALL RULES

### GENERAL INFO

1. All rules and regulations not covered in the following will be governed by National Federation of State High School Rules.
2. This is a **developmental league** with a focus on building fundamental skills, concepts, and rules through team practices and recreational game play. While scores will be kept each game, there will be **no standings or playoffs**.
3. 4th/5th grade teams will use a 28.5 size basketball.
4. All games will begin at 4, 5, or 6 pm and will be held at Red Morton Community Center, Armory, Kennedy, McKinley/North Star, or Hoover.
5. There will be a 10 minute “grace period” for the first game only. “Game time is forfeit time” for the 5pm and 6pm games. Teams will have a 5-minute warm-up period between games.
6. A team must have at least 4 players present to start the game. A coach must be present to start.
7. All line-ups, with **NAMES AND NUMBERS**, must be given to the scorekeeper 10 minutes prior to game time.
8. Games will not be rescheduled. There are no protests of games in the After School Sports Program.
9. All players must be registered and on the roster in order to participate. A player can only be added prior to the 2nd league game and the player must attend the school of the team he/she wishes to play for (exceptions must be approved by League Coordinator.)

### GENERAL GAME RULES

1. Games will consist of four (4) 10-minute quarters using a running clock, except in the last 2 minutes of the fourth quarter if the difference in score is **LESS** than 10 points. (Clock will not stop if difference in score is 10 points or more.)
2. There will be a three (3) minute half time break, with a one (1) minute break between quarters and overtime periods.
3. Each team will have two (2) “30 Second” time-outs per half. Clock will stop on all timeouts. (Unused first half timeouts do not carry over to the second half.)
4. **Players will shoot 2 free throws on the 5th team foul of each quarter. Team fouls reset at each quarter.**
5. Players are allowed 5 personal fouls. On the 5<sup>th</sup> personal foul, the player will be disqualified from the game.
6. Clock will stop for all technical fouls, time outs, and injuries.
7. 4th/5th grade players may take free throws from a line three (3) feet closer than the regulation free throw line. This will be designated by a line of blue tape.
8. Players may not shout, clap, scream, or make any other noise from the bench that is deemed unsportsmanlike, when players are shooting free throws. Fans must cheer appropriately during free throws.
9. All teams will play MAN to MAN defense. NO ZONE DEFENSE ALLOWED. Teams with only 4 players will be allowed to play a zone. Trapping is allowed.

## PLAYING TIME RULES

1. **ALL PLAYERS MUST PLAY ONE COMPLETE QUARTER.** A quarter is defined as the time from the start of the quarter through the end of the same quarter.
  - a. This will be noted in the scorebook.
  - b. Scorekeepers will check in with coaches at half-time to verify which players still need to play a complete quarter. Coaches are responsible for ensuring that playing time requirements are met for all players.
2. If you substitute a player prior to end of the quarter, the time that he/she played does not count towards the playing time requirement of one complete quarter.
  - a. **A PLAYER'S COMPLETE QUARTER MAY BE ANY QUARTER IN THE GAME. COACHES DO NOT HAVE TO PLAY ALL PLAYERS ONE COMPLETE QUARTER BEFORE THEY START TO SUBSTITUTE PLAYERS.**
3. Any player arriving late must still play one complete quarter, if allowed to play by their coach.
4. The remaining playing time of a player, who is removed from the game due to an injury and is able to re-enter the game, will be left to the discretion of the coach.
5. Before the start of the game, a coach must notify the opposing coach and scorekeeper if any player in attendance is not going to participate due to disciplinary action by their coach or school. The player is allowed to sit on the bench, but NOT in uniform.

## PRESS RULES

### 4<sup>th</sup>/5<sup>th</sup> Grade

1. Full court press is allowed in the last **2 MINUTES OF PLAY OF THE FOURTH QUARTER ONLY**
  - a. **TEAMS THAT ARE AHEAD BY 10 POINTS OR MORE CANNOT PRESS IN THE LAST 2 MINUTES, UNLESS THE SCORE FALLS BELOW 10 POINTS.**
2. Prior to the last two (2) minutes of play, the ball handler must be across the attack line (designated by the volleyball attack line or tape), before a defensive player may attempt to play defense.
3. 10 second rule is in effect. The ball must cross attack line in under 10 seconds.
4. Once the ball has crossed the attack line, the defender may play defense in the entire front court (half-court to baseline.)
5. Failing to follow the press rule will result in a warning from the referee. If the press rule is continuously broken (intentionally or not) the referee may issue a technical foul.

## OVERTIME RULES

1. In the event of a tie, a three (3) minute overtime period will be played, with a stopped clock for the last minute of play.
2. If the game is still tied at the end of the overtime period, the last period is first team to score wins.
3. Each team will get one time out in the overtime period. Time-outs from 2nd half do not carry over.
4. **TEAMS CAN PRESS THE ENTIRE OVERTIME PERIOD, UNLESS UP BY 10 POINTS OR MORE.**

## COMPETITION RULES

1. Running up the score will not be tolerated! Coaches must use their best judgment and make every effort to exhibit sportsmanship.
2. A team with a 20-point lead:
  - a. **CANNOT** use a half-court trap
  - b. **CANNOT** fast break
  - c. **MUST** play defense within the 3-point line
  - d. **MUST** make an attempt to set up an offense (run sets, make multiple passes, etc.)
3. Failing to follow the competition rules will result a warning from the referee. If the rule is continuously broken (intentionally or not) the referee may issue a technical foul.
4. We encourage coaches to remove their more skilled players from the game and allow those players who can use the extra game time to improve their skills to play as much as possible.

## FORFEITS

If for any reason a team must forfeit a game, the League Coordinator must be notified ASAP.

## CONDUCT

1. Coaches are responsible for the conduct of their players, parents and fans.
2. Prior to every game, a sportsmanship talk will be given at half court by a scorekeeper. All players and coaches must be present for the talk. The purpose of these talks is to reinforce our expectations for players, coaches and spectators.
  - a. "Respect, good sportsmanship, and have fun"
  - b. "Let the players play, coaches coach, the officials officiate, and the spectators be positive"
3. Any player receiving a technical foul, for conduct deemed inappropriate (i.e. profanity, fighting, tripping, pushing, shoving, throwing elbows, etc.) towards another player, referee, scorekeeper or fan, may be ejected from the game and suspended for a minimum of one game. If this situation occurs for a second time, the player will be removed from the league.
4. A technical foul may be called against a team if a parent or spectator exhibits unsportsmanlike conduct. This will be determined by the discretion of game officials and/or League Coordinator.
5. If a parent or spectator becomes unruly or disrespectful to the teams, officials, scorekeepers or coaches, he/she may be ejected from the game by the officials, League Coordinator, or the scorekeeper (after discussion with officials). Play will not resume until the person has left the facility.
6. Two technical fouls on a player or coach will result in an ejection from the game.
  - a. Ejected participants must leave the gym immediately or the game will be forfeited.
  - b. Any coach ejected from a game is subject to a minimum one game suspension.
  - c. The League Coordinator has the authority to determine the length of the suspension based on the severity of coach's actions that resulted in the ejection.
  - d. A coach that has been suspended is not allowed to be in the facility during any league game in which his/her team is playing for the length of the suspension.

## UNIFORMS

1. Players must wear their team uniform.
2. Shorts must be worn; no jeans or sweats.
  - a. If a player does not have shorts, please contact League Coordinator.
3. Appropriate shoes must be worn in order to play. No slip-on shoes allowed.
  - a. Black-soled shoes or any shoes that leave marks are not allowed on the basketball court.
4. Wrist watches, earrings, plastic hair clips, beads or other jewelry may not be worn during the game.
5. All jerseys must be tucked in and cannot be tied in to a knot.

**Thank you for coaching and making a positive impact for the youth of Redwood City!**

