

Central Iowa Recreation League
3rd – 6th GRADE BASKETBALL RULES

National Federation of High School Association's Rules will apply to all playing time except with the following adaptations.

Time:

- The game is four (4) quarters, with 8-minute running clock. Except with in the last one (1) minute of the 2nd and 4th quarter. If a team is ahead by more than 15 points the clock will continue to run (exception is during shooting fouls).
- The clock will stop:
 - Only for time-outs throughout the game.
 - Injuries to participants.
 - Shooting Fouls – Clock will stop during all shooting fouls regardless of point differential
- There will be one (1) minute quarter breaks and a three (3) minute half-time break.
- One (1) overtime will be played – two (2) minutes running clock.
- There will be two (2) time-outs allowed each half/team. Only the coach can call a time-out. One (1) timeout will be allowed/team in overtime.

Playing Time and Substitutions:

- Each player must play a minimum of two (2) full quarters per game, unless they are being disciplined or the player has fouled out.
- Substitutions must occur on a deadball or during a time-out from the scorers table. Players must wait to be called in by an official.

Team Rosters and Borrowed Players:

- Players may only be rostered on one team.
- In some situations, teams may have 6 or less players present for a game. In this situation, a coach may see the need to “borrow” a player from his/her other teams in order to have a full team with reserves. Coaches may do this under the following guidelines:
 - The borrowed player is in the same age group.
 - The borrowed player shouldn't play more quarters than a regular team member. If using a borrowed player please let the opposing coach know.

Defense:

All teams are required to play man to man defense with the following guidelines:

- Defensive player guarding the ball must be within approximately 3' of the offensive player.
- Defensive players guarding an offensive player, spreading the floor, without the ball, may generally be within 6' of that player.
- If an offensive player is beyond the 3 point line, without the ball, defender may be within 6' of the 3 point line.
- Switching and help defense is allowed.
- No zone defense is allowed. (Referees Judgment)

- No full-court pressing is permitted. Teams must play half-court defense.
- In 3rd and 4th grade, no stealing is allowed, **except on a pass or when a player, with the ball, is inside the 3 point line.** Any player that loses control of the dribble is not considered in possession of the ball and therefore the ball can be stolen. Referee's judgment. Please note, the 5 second rule will be emphasized on any held ball or when a player is dribbling while being closely guarded.
- In 5th and 6th grade, stealing is allowed.

Miscellaneous Rules:

- Teams will play with a regulation 28.5 women's size basketball and 10' regulation hoop with the exception of **3-4 grade girls, they will play with the 27.5 (junior) basketball.**
- Games will begin with a jump ball. After the start of the game, alternate possession will take place. In the event of overtime, a jump ball will start possession.
- **The only fouls that will be shot are fouls committed during the act of shooting. All other common fouls will result in the ball being taken out of bounds.**
- **Technical Fouls and Intentional/Flagrant fouls will be two points plus the ball awarded to the opposing team.**
- **A Class B technical foul for delay of game will be one team warning then awarded as one point plus the ball to the opposing team. A delay of game occurs when a player or team deliberately slows down the game, such as by interfering with inbound passes or not following official instructions. For example: zone defense, trapping, interfering with an inbound pass, stealing, etc.**
- The 3rd and 4th graders will shoot free throws from 12 feet.
- Home team is responsible for providing an official scorekeeper and clock operator.
- Individual fouls will be kept for all games. Each player may commit a maximum of five (5) personal fouls.
- A minimum of one referee/game must be provided by the community hosting the game(s). The referee should be knowledgeable of the game and wear appropriate referee attire.
- Only 2 point field goals will be allowed.
- Free throws must be shot from behind the line. Rebounding players may enter the lane on the release of the free throw. Shooter and players behind the 3 point line extended must wait until the ball hits the rim to cross the free-throw or 3 point line extended.

Cancellations:

- Cancellations are handled through program coordinators. Program cancellations will be posted on the CIRL Website.

Revised November 2024