

Youth Basketball Rules for 3rd - 6th Grade

1. Only players, coaches, and officials will be allowed on court during games.
2. All players, coaches and spectators displaying poor sportsmanship will be asked to leave the gym. The second time, the individual(s) will be suspended for several games and if the poor sportsmanship persists after that period or is serious enough with the second infraction, the person will be suspended for the remainder of the season. Officials have authority to eject any player, coach, or spectator from the gym for abusive language or unsportsmanlike conduct. Players fighting will be ejected from the game and possibly suspended from the program if the official deems it justifies such.
3. All teams must have at least four (4) players present to start a game. There will be a five-minute grace period, after which time a forfeit will be called. If the game starts with one team having only 4 players, the other team will also play with 4.
4. NO FOOD OR DRINK IS ALLOWED IN THE GYM TO PROTECT THE FLOOR, other than water.
5. Parents are responsible for their children to ensure that they do not run free in facilities. Please help us by making sure your children are with you during the game.
6. Start of the game will be determine by a coin flip for first possession - No coin? Rock, Paper Scissors.
7. At the end of the game, all players & coaches will shake hands at mid-court.
8. Each player will play at least 2 quarters of the game. All players must play 3 quarters before any player is allowed to play in 4 quarters. It is the coach's responsibility to ensure that this rule is followed.
9. Substitutions are allowed only between quarters, half quarters or in case of an injury. Officials will motion the player onto the court. Players must match up before the start of play can occur.

The following modifications will apply to normal basketball regulations:

- Intermediate size basketball will be used.
- Ten foot (10) basketball hoops will be used.
- Game Duration:
 - Games will be four (4) eight-minute (8) quarters on a running clock.
 - Game will dead stop at half of each quarter for substitutions.
- Each team will be allowed 2-time outs per half. Time outs do not carry over to second half.
- Free throws will be taken from the first hash mark on the lane closest to the foul line or at the foul line. The clock will stop during this time. If time expires during any free throw attempt, the shooter is still awarded the shots, and other players must exit the court.
- Overtime: No overtimes allowed. A game can end in a tie. Games must end in time for the next game to begin.

DEFENSE

- Man-to-man defense only. No double-teaming allowed, except when a player enters the lane or key area. Then it is allowed to instruct your players to collapse and defend the offensive player against the shot. Purpose behind this rule to allow any offensive player, at any skill level, to handle the ball outside the lane, without fear of a quicker, more dominant player from an opposing team leaving the player he/she is guarding & stealing the ball or totally dominating a game.
- No pressing at any time during the game. Defense can pick up a player when he/she crosses mid-court. Following a made basket or change of possession, the defensive players must immediately retreat beyond the mid-court line.

FOULS

- No player can foul out of the game. However, officials will make all calls. This way players can learn what a foul is. If a participant is overly aggressive, they must sit until they can retune and act appropriately.
- All technical fouls are 2-shot fouls. Any player may shoot the foul shot and the shooting team will be awarded the ball out of bounds at mid-court following the free throws.
- A player will be ejected from the game for two technical fouls.

OTHER

- Players will be allowed to “match-up” before each period.
- All coaches will maintain a sideline position.
- Trash-talking will not be allowed nor tolerated during a game. First occurrence will be a warning, second will result in a technical foul, and a third infraction will result in suspension from game and possible following game. Determination is at discretion of B.A.R.C. staff or official.
- Clock will stop under two minutes left in each half (2nd or 4th quarter) if there is a stoppage of play.

DISQUALIFICATION

- Any flagrant unsportsmanlike infraction of the personal or technical foul.
- Deliberately striking an opponent, official, B.A.R.C. representative &/or profane language.

