

3rd and 4th Grade Girls Basketball Rules (Nov 2016)

Goals: Our program has three goals for our young athletes:

Have Fun, Be Safe, Work Hard to Get Better.

Everything we do should be in line with these goals. If you are doing something that is not consistent with these goals, please evaluate whether it makes sense.

Referees: Just like our players are learning the game, so are the referees. In many cases, they know the rules of the game better than the spectators and they are in a better position to see what occurs on the court. Give them the benefit of the doubt, and remember the things we are trying to teach our young athletes.

Coaches are responsible for the parents of their players. Parents should not talk to the referees at any time during the game. Have this discussion with them before the first game so there are no surprises if someone has to be asked to leave the gym.

The young referees are a vital part of our program, and should be treated that way. Any coaches or parents giving the referees a hard time will be ejected. This is not negotiable.

Rosters: Coaches must bring a copy of the current roster, with names and jersey numbers, to each game. Each team must supply someone to either run the clock, or the score book. The book needs to be filled out completely.

Ball Size: 27 or 27.5 inch

Rim Height: 8 feet

Game Time: 8 minute quarters. Clock stops only for free throws, injuries and timeouts. During last two minutes of the game, the clock also stops for all dead ball situations. Quarter breaks should be only the time required to substitute players. Halftime break should be 5 minutes. Times will be adjusted if needed to keep game time to one hour. No overtime, except playoffs/tournament.

Playing Time: Every player should play at least two full quarters. In the case where players are absent, no player should play 4 quarters unless every player present has played 3 quarters.

Substitutions: Only at quarter breaks, unless a player is injured, or if a team has 11 players. Injured players may return to the game as soon as they are ready to play.

Timeouts: One timeout per quarter (one minute each).

10 seconds in the backcourt: Players have 10 seconds to advance the ball into the frontcourt.

Time violations: No 3 seconds in the lane violations will be called. No 5 seconds closely guarded will be called. Flexibility will be provided on 5 seconds to inbound, but it will be called if persistent.

Double dribbles and Travelling: No calls outside the 3 point arc. Referees have the flexibility to be lenient on double dribbles and travelling.

Stalling: (Reserved—if we need to revisit this during the season, we will. For now, coaches need to manage this. Remember this is about learning to play basketball, not clinging to a small lead.)

Fouls: 5 allowed per player. Let's emphasize good defense this year—footwork, rather than swatting the ball. (We will ask the referees to strictly enforce fouls this year.)

Team Fouls: 2 free throws starting with the 7th team fouls (per half).

Free Throws: Players may shoot 10 feet from the basket rather than the standard free throw line, and may cross the plane before the shot hits the rim. (Coaches need to ensure their players know where to line up on free throws so we don't spend a lot of time lining up during the game.)

Defensive Area: Both feet inside the 3 point arc, but defensive players may go outside the arc to rebound a ball after a shot. If the defensive player rebounds a ball after a shot, the offensive player may not steal it.

Defense: Man-to-man defense only, no zone defense, no traps, no double-teams—including once a player picks up the dribble. Players can slide to help if the defender on the ball is beaten, but they cannot wait in the paint. Defensive players need to respond to the player they are covering. (I think everyone understands the intent of this rule. We'll revisit it if needed during the season. Team defense is important, but it is not a substitute for teaching the players proper one on one defense.)

Press: Not allowed at any time.