

3rd/4th Grade Basketball Rules 2022-2023

Regulation scoring will be kept for entire game.

If a team is leading by more than 25 points in the 4th quarter, the scoreboard will be zeroed out. Time will be kept, but no score will show on the score clock. Game will result in a win for the leading team.

Game Length- Game will consist of 4 - 10-minute quarters, running clock. (subs at 5 min mark). will stop Timeouts, & last minute of each half.

Jump ball will be used to start the game and overtime, otherwise, alternating possessions will be used.

Overtime will consist of one 2-minute period, with a running clock. If a tie occurs after the 2 overtime, the game will be sudden, the first team to score wins. Players cannot sit out in multiple Overtime periods. (unless of an injury or they have fouled out of the game)

Timeouts- Each team gets one timeout per half (1 minute) and 1 additional timeout per overtime. Timeouts do not carry over.

Each player will have equal playing time during each game. You may ONLY sub players at the 5-minute mark of each quarter. Exceptions: injury, foul trouble (if player has 3 or more). See page 2 for playing time requirements.

No free throws will be shot during the game. If a shooting foul is committed, the team fouled will receive 1 point and the ball. 1 point and the ball is awarded after 7 team fouls are committed per half. 2 points and the ball are awarded after the 10 team fouls are committed per half. Any "and one" situations will result in 3 points for the offensive team and the defensive team is awarded the ball.

Each player will receive 5 fouls per game. After the 5th foul player is disqualified. "Bonus Situation" (1 & 1) begins on the 7th foul of each half. "Super Bonus" (2 shots) begins on the 10th foul of each half

Players on offense may not be in the lane for longer than 5 seconds. Referred as 3 second violation

Ball Size- Intermediate Size basketball - 28.5

Isolation plays will not be allowed. Some form of offense must be run. Isolation is defined as clearing the court to create a one-on-one opportunity. No stalling, if players do not attempt to advance ball they will be called for "delay of game" and will result in a turnover of possession

Only Man-to-Man for the entire game. (Starts at the "volleyball line" or half way between 3pt line and half court). Once the line is crossed, the entire half court remains open for defense throughout that possession

Double-Teaming is NOT allowed outside of the lane. When playing Man-to-Man Defense a player must try to stay within arm's length of the person they are guarding. If this is not being done, after 2 warnings, on the 3rd occurrence a technical foul will be called. This is at the Referees Discretion *

NO PRESS, PERIOD. All side inbound passes must enter in the offensive side of the half court.

All rules not stated above will follow IHSA rules and regulations

Equal Playing time requirement:

4.4.1 A period is defined as half of a quarter

4.4.2 No player shall sit more than two periods in a row.

4.4.3 Equal playing time guidelines are as follows:

***11 players= 7 players play 4 periods, 4 players play 3 periods**

***10 players=10 players play 4 periods**

***9 players=4 players play 5 periods, 5 players play 4 periods**

***8 players=8 players play 5 periods**

***7 players=5 players play 6 periods, 2 players play 5 periods**

***6 players=4 players play 7 periods, 2 players play 6 periods**

***5 players=5 players play the whole game**