

# Champlain Valley Recreation Association



## Guidelines & Rules 3<sup>rd</sup>/4<sup>th</sup> Grade Basketball

### GUIDELINES:

- The league requires that the host team provide at least one official per game. Officials will not include coaches of either of the two teams playing that particular game.
- The official size basketball for the league is- the Women's Regulation Ball- 28.5"
- All games will be played on a 10-foot hoop.
- Individual and team fouls are not kept. Officials or coaches may remove a player from the court/game for too many fouls or over-aggressive play.
- All players must be provided equal playing time with others on their team, no player sits out twice until everyone has sat out once. All players must play a minimum of one quarter and one half of a quarter; this doesn't have to be consecutive, but the equivalent in the course of the game. No player will play over three-quarters of a game unless it is impossible due to a lack of players that day.
- The goal is to make the games exciting and memorable for all players. We hope that you, as a coach, will get into the spirit and remember that the program is for every child, and the only important outcome is a positive one, one where every child is happy, has fun, and enjoys the game of basketball.

### RULES:

#### 1. Start of Game

- Coaches and players should be on site 5 minutes before the scheduled start time.
- Games will start 10 minutes after the scheduled time.
  - Ex. If the game is scheduled for 9:00 am, the tip-off will be at 9:10 am.
  - The 10 minutes will be used for Team Warm-ups, Announcements, and Line-up for Tip-off.
- Games will start when each team has at least four (4) players present. Officials will call a forfeit at Tip-Off if a team doesn't have enough players. Teams will then be created with the players who are present from both teams, and they will scrimmage.

#### 2. Length of Game

- Playing time shall consist of four (4) quarters of ten (10) minutes running time.
- There will be 2 minutes between Quarters for quick rest and Line-up.
- There will be 3 minutes at Half Time for rest and Line-up.
- Scores will go back to zero at half.
- The Officials will have the authority to shorten the length of a quarter to stay within the 1-hour time block scheduled.

#### 3. Match Ups

- At the beginning of each quarter players will line up at half court and "match up" with whom they are guarding.
- Coaches are allowed on the court to help with matchups.
- This act is performed to promote equal player match-ups. Equal match-ups combined with player-to-player defense create competitive pairings on the court.

#### 4. Jump Ball

- A jump ball will take place only at the start of the game. Thereafter the possession rule shall apply.

#### 5. Timeouts

- Each team will be allowed one (1) time out per quarter of 30 seconds in length.

#### 6. Overtime

- Games will end after the 4 quarters of play. There Will be NO overtime play. Games can end in a tie.

## 7. Fouls

- Non-shooting fouls will result in the ball being in-bounded from either the baseline or sideline.
- All players on the court can contribute to consistent game action. Players should be aware of what a foul is and what happens when they occur.

## 8. Free Throws

- Will be used on all shooting fouls.
- On a foul shot, if the player's momentum carries him/her across the free throw line, play will continue provided however, that the movement is not intentional, and that the player is behind the line when the ball is released.
- Free Throw Line shall be the first hash marks in towards basket from the original free throw line.
- 4 players (*2 per team*) will be allowed to line up on the foul sidelines to try for a rebound. All other players must set up past the 3-point line.

## 9. Defense:

- Player-to-player defense Only.
- No defense beyond the 3-point line extended.
- “**Respectful Defense**”- In a player-to-player defense, players are only guarding the opponent that closely matches their ability and height. This allows for a more competitive system for every player on the court while creating an equal opportunity for each player.

## 10. No Double Teaming

- Double-teaming is not allowed; a player must make every effort to stay with their person or move off if a double team occurs. Officials will warn players of double teaming, giving them reasonable time to cover player to player. If not, double-teaming will be called, and the ball will be awarded to the offensive team.
- Switching players is allowed if someone's player drives past them. This form of help defense is ok and doesn't end up double-teaming.

## 11. No Setting Picks

- Picks will NOT be used in this league. Not all players and coaches know how to properly set or beat a pick, and this causes an undue advantage and can cause injury to players.

## 12. Three Second/Back Court Violation:

- **Three-Second Rule:** An offensive player is allowed three (3) seconds in the lane before he/she must reset, or his/her team loses possession of the ball. (Reset is moving out of the lane before the 3 seconds or if the ball is shot at the goal).
- **Back Court Violation:** A team loses possession if the ball goes back over the center line without it first touching an opposing player.

## 13. No Isolation Plays

- These will not be a part of Rec. Basketball; takes away the opportunity for improvement for all players and contradicts the spirit of the rules. This prevents defenders from crowding an area of the court to gain a defensive advantage.

## 14. Substitutions

- Subs must report to the scorer's table and wait there until called out by an official or buzzed in by the scorer's table.
- Coaches need to have subs before a stoppage in play and have them report to the scorer's table.
- Coaches are not allowed to sub on the fly, from the bench, or when a whistle stops the play.

## 15. Officials:

- Officials have the right to stop play to explain and teach the rules for the improvement of players and the program.
- Officials are to be treated with respect by all coaches, parents, and players at all times. We all know that there will be differences in opinion at times; however, we can't let these differences control the game or the league. We must all work together to ensure a fun, safe, and enjoyable league for all.