



Bethel Recreation Association

3rd & 4th Grade Youth Basketball

3rd - 4th BASKETBALL RULES 2024...Updated 10-10-25

This program will follow the National High School Basketball Rule Book with the following exceptions:

GENERAL LEAGUE RULES

1. Teams will have a five (5) minute warm-up before the start of each game. All line-ups need to be submitted to the official scorekeeper at least 5 minutes before game time.
2. **Games-** Games will consist of two (2) twenty (20) minute running clock halves with a three (3) minute half time. (If there are cheer squads, half time will be extended for cheer half time performances.) Teams are not allowed on the court during cheer performances. The clock will ONLY be stopped for time-outs, injuries and as requested by the officials. **The clock will stop for all situations the last two (2) minutes of each half.**
3. **Mercy Rule-** This rule is in affect the last ten (10) minutes of the game. Once a team is ahead by 25 points, that team is declared the official winner of the game. The scoreboard goes to zero for both teams but score is still kept on paper and recorded for standings. The clock will run continuously and only be stopped for timeouts and injuries the remainder of the game. The officials will notify both coaches.
4. **Players-** A minimum of four (4) players will be allowed to start and finish a game. If after 10 minutes a team does not have 4 players, that team must forfeit the game. If after 10 minutes a team has enough players to play the game, the game will start with reduced game time to two (2) fifteen (15) minute halves (NOT 20-minute halves).
5. **Playing Time-** Coaches are required to play all players in each half and provide equal playing time to the best of their ability. The only exception would be if a player refuses to play or for disciplinary reasons. Officials should be notified prior to start of games.
6. **Coaches-** **Only two (2) coaches** are allowed on the sidelines/bench with their teams. Coaches must remain seated on the bench at all times while the clock is running or is stopped except to: Rise and stand to give instructions to the bench or players on the court, to request a time out or to acknowledge an outstanding play. Coaches must remain within the designated bench area. Coaches may not enter the court unless by permission of an official to attend to an injured player.
7. **Time Outs-** Each team is allowed two (2) time-outs per half. Unused time-outs in the first half cannot be used in the second half. One (1) time-out issued for each team for overtime. Time-outs will be one (1) minute long.
8. **Equipment/Hoops-** Intermediate sized ball will be used for all grades. 3rd grade Girls ONLY (if in their own league) -Play at a basket of 9 feet in height. 3rd Grade boys and up- play at a standard height of 10 feet. If 3rd & 4th girls are combined they will play at 10 feet.
9. **Free Throw Line- 3rd & 4th grades:** 13 feet (two feet in front of standard free throw line)
10. **Jewelry is prohibited. This includes earrings (taping jewelry is NOT acceptable).** Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible. Hard barrettes, bobby pins in the hair that are securely fastened are allowed. ***Temporary plastic earring retainers can be worn in the ear in place of studs.***

PLAYING THE GAME

1. **Starting the game-** The game will start with a jump ball. During the game if a tie-up possession occurs, the ball will alternate between the two teams with each jump ball after that. After half time the team with the next jump ball possession will get the ball.
2. **Substitutions -** May be made at dead balls and time-outs. The clock will NOT stop for substitutions. All players must **check in** at the score table prior to entering the game.
3. If the ball hits behind the backboard it is out-of-bounds and ball is given to the other team. The ball may hit the side of the backboard.
4. **Three seconds in the key-** will be called for all grade levels but with more leniencies for 3rd & 4th grades. A new three seconds in the key begins with each shot hitting the rim or backboard.
5. **Over and back-** there is over and back violation for all grade levels.
6. When free throws are shot no one can enter the key area until after the ball hits the rim.
7. **Screening-** All screens will be straight standing with arms across chest or across waistline. No moving feet or leaning into players.

8. **Defense-** Zone defense is **NOT** allowed. Teams must play a man-to-man defense. On the first infraction teams will be given a warning. Thereafter, if a team is in violation of playing a zone defense the **offensive team will be issued one (1) point and the ball out of bounds.**
9. When playing man-to-man defense switching is allowed.
10. **Double-teaming** (outside of the offensive teams key) is only allowed the last (2) two minutes of each half.
11. Double-teaming is allowed in the key.
12. **Team Fouls & Violations-**Rules on fouling and all violations **WILL** be enforced with some leniency given to the younger grades. As the program progresses calls should get tighter. Team fouls will be kept for all grade levels. See free throws and fouls section for specific rules.
13. **Personal fouls-** personal fouls will be recorded with five **(5)** fouls being the maximum allowed per player. Once a player reaches 5 personal fouls, they must be taken out of the game.
14. **Three Point Shot-** is only available on courts that have the three point lines on the court.

TECHNICAL FOULS

- a. All technical fouls will be one (1) point for opposing team plus possession.
- b. Any coach or player that receives (2) technical fouls during the game is automatically ejected and must sit the next scheduled game.
- c. Any player/coach who receives three technical fouls during the season will be suspended for the remainder of the season.
- d. A team who receives three technical fouls in a game, will result in a forfeit by their team. In addition, the team will be placed on probation for the remainder of the season and further behavior related incidents will result in removal of the team from the league.

FULL COURT PRESS

The following guidelines apply to full court press:

- a. Full court pressing is only allowed the last two (2) minutes of each half (unless ahead by 10 points).
- b. **No team may full court press when ahead by ten (10) or more points.**
- c. When a team on defense is not allowed to press they must drop back to the half-court line.

FREE THROWS & FOULS

Free throw shots will only be awarded in the last two (2) minutes of each half. Scoring on fouls prior to the last two (2) minutes will be as follows:

- a. There will be no one-and-one foul shots taken **except** for the final two (2) minutes of the game when a team has reached the 7th team foul.
- b. The first six non-shooting fouls - no points awarded, ball possession out of bounds to fouled team.
- c. The seventh team foul and after of each half - one (1) point plus ball possession to fouled team.
- d. All fouls on shots when shot was missed - one (1) point plus possession to fouled team.
- e. All fouls on shots when shot was made - basket counts plus (1) point. Ball out of bounds to team that committed foul.
- f. In the final two (2) minutes of each half, foul shots will be taken and NO automatic points will be awarded.

TIED GAMES

1. For all games ending in a tie there will be a one (1) minute overtime period with stop clock and started with a jump ball.
2. In the event the game is still tied, there will be a sudden death stop clock overtime period started with a jump ball. In sudden death overtime, the first team to score wins the game.

GAME CONDUCT AND DISCIPLINARY ACTION

1) Coaches, players, and spectators:

- MUST follow all BSD rules and regulations including- NO use of alcohol, tobacco, smokeless and vapor/e-cigarettes, marijuana and **NO animals (including DOGS)** on BSD property.
- May not disrespectfully address or yell at an official, other coaches, players, parents or spectators.
- May not attempt to influence an official's decision.
- May not disrespectfully address, bait, or taunt an opponent or use profane or inappropriate language or obscene gestures.
- May not confront officials before, during or after a game.
- May not make a threat of physical harm/use physical force towards an official, supervisor, staff, or other coaches or players.

2) The head coach is responsible for the conduct and behavior of their team players, bench personnel and spectators.

3) All children/siblings must be supervised and all garbage (including water bottles) needs to be picked up.

4) For questions regarding particular calls, rules, or a referee, or to give feedback please contact:

During Games: Supervisor

Before or After Games: BR Director

PENALTY:

Anyone who fails to comply with the above rules will be subject to Code of Conduct disciplinary action. Depending on the severity of the violation, staff have the authority to remove individuals. ***In extreme circumstances the police may be called if individuals do not comply.***