

2022
MARCH MADNESS
3rd - 4th Grade Rules

1. Playing Times

- Be on time! All games & practices must start and finish on time. Gym time is tight, clear your team off court & bench quickly.
- Practice should consist of team drills that focus on basic fundamentals – dribbling, passing, rebounding, shooting, foot work, moving without ball, running a few basic plays, etc. You can scrimmage the last 15 minutes of practice IF you think that benefits your team. **Please do not scrimmage the entire practice time.**
- **EVERY PLAYER GETS EQUAL PLAY TIME EVERY GAME!!** Substitutions should occur appx. every 4 minutes of clock running time (segment sheet attached).
- 5 minutes for team warm ups. 3-minute half-time break. 30 second breaks in between periods 1 & 2 and periods 3 & 4. Each team gets two 1-minute time outs per game. Time outs do not carry over into an overtime game.
- Each of the 4 quarters will be 8 minutes running clock, with exception of 4th period final minute and if neither team is ahead by 12 points or more.
- One overtime period of two (2) minutes will be allowed. If the score remains tied, the game will be declared a tie game. Each team gets one 1-minute time out in overtime.

THE CLOCK WILL BE STOPPED FOR:

- All timeouts (two 1-minute time outs for each team are allowed).
- For all shooting fouls. It restarts when the ball is presented to the shooter for a 2nd shot or upon the miss of the 1st shot.
- For player substitution time each period (30 seconds allowed, sub quickly!).
- For injuries.
- On all officials' whistles during the last minute of the fourth quarter and final minute of an overtime game (with the exception of a 12-point differential).

2. Defense

- Man-to-man defense or zone defense may be played.
- No full court pressing. Defenders should pick up defenders at the 3-point line. However, in the 4th period ONLY defenders may pick up opponent at the half-court line. A team MAY NOT press at half court if winning by 12 points or more, they must drop back & pick up opponent at the 3-point line. **The offensive team must continue to move the ball down the court & not stall in the backcourt.**
- No double teaming.
- Once the defensive team gets clear possession of a rebound, the opposing team must allow them control and drop back past half court to the foul line.
- Hands up defense. Defenders may only steal the ball on a pass. It cannot be stolen off the dribble or out of the hand.

3. Fast break Rules

- Keep fast breaks to a minimum, doing so will allow the game to slow down & offensive players to set up and run plays taught in practice.

4. Equipment and Scoring

- ALL JEWELRY MUST BE REMOVED BEFORE PRACTICES AND GAMES TO PREVENT INJURIES.
- Balls used: 28.5" for 3rd-6th graders.
- A first aid kit is available in the downstairs office if one is not out on scorekeeper table. Ice packs are located in white frig in the office as well.
- 3-point shots will be scored as 3 points.
- If score becomes very one-sided at half time, you can reset the scoreboard to zero if both coaches agree.

5. Coaches Rules and Bench Conduct

- Safety always comes first.
- Coaches must have starting players "game ready" prior to the end of the five minute warm-up period.
- Only team players and a maximum of two (2) coaches are allowed on a team bench. All players on the bench must be seated throughout the game.
- Coaches are responsible for team and parental behavior. Coaches, parents, players, and spectators should focus on the spirit of the league. Unsportsmanlike conduct **WILL NOT BE TOLERATED**, especially if directed toward game officials or participants. **(See March Madness Code of Conduct)**
- Each team must have the same colored shirts or jerseys. (Pennies are available in the office if needed.)

6. Gym Rules

- No black-rubber soled tennis shoes.
- All water bottles and drinks must be kept on the bench. **MAKE SURE YOUR PLAYERS LEAVE WITH WHAT THEY CAME WITH!**
- No food or drinks on court.
- COACHES, PLEASE clear bench area of all trash for the next team and put anything left behind in the lost and found located at the bottom of the east end stairwell. Clean up after your weekly team practices, as well.

