

2019
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 three 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 (three 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 10 point differential).

2. Defense

- Person-to-person defense or zone defense may be played.
- No full court pressing. Defenders should pick up opponents 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 10 points or more points, they must drop back & pick up opponent at the 3-point line.
- 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.
- No 3-point shots are scored as 3 points. 2-point shots only.
- 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.
- 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.

