

Champlain Valley Recreation Association



Guidelines & Rules 3rd/4th Grade Basketball

GUIDELINES:

- It is required by the league 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 basketballs for the league is- 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 on the team 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 lack of players that day.
- The goal is to make the games an exciting and memorable event for all players. We hope that you, as a coach, will get into the spirit and remember that our program is for every child and the only outcome that is important 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 5-10 minutes prior to the scheduled start time.
- Each team will be allowed a 5-minute warm-up time beginning at the scheduled start time.
- Games will start 5 minutes after the scheduled time.
 - Ex. If the game is scheduled for 9:00am, the tip-off will be at 9:05am.
- 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.
- Scores will go back to zero at half.
- There will be a 3-minute rest period at half time. This may be shortened or lengthened depending on time.
- The Officials will have the authority to shorten the length of a quarter in order 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 match ups.
- 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 half 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 first hash marks in towards basket from the original free throw line.
 - Except in Burlington when using 8 ½ ft baskets, original free throw line will be used because baskets extend out two feet.
- 4 players (**2 per team**) will be allowed to line up on the foul sidelines to try for 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 ball will be awarded to the offensive team.
- Switching players is allowed in the event that 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 because they take away the opportunity for improvement for all players and contradict 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 prior to 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 from 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 insure a fun, safe and enjoyable league for all.