

## 2016-2017 CLBL 4<sup>th</sup> GRADE HOUSE LEAGUE RULES REFERENCE GUIDE

**Game Start:** Referees may designate the length of warm-ups and halftime, but cannot dictate starting prior to the scheduled game time unless both coaches agree. If possible, in order to maximize the flow of games over the course of a day, teams are encouraged to be onsite and ready to start play 10 minutes before their scheduled game time.

**Basket Height and Court Adjustments:**

	Basket Height	Ball Size	Free Throw Line	Jump Over Free Throw Line	3- Point Shot
Girls 4 <sup>th</sup> Grade	9 feet	28.5"	- 12 inches	Yes	If line is on court
Boys 4 <sup>th</sup> Grade	10 feet	28.5"	- 12 inches	Yes	If line is on court

**Playing Time:** For Grade 4, playing time is measured by quarters and **not** by cumulative minutes. Substitutions are permitted to allow for a more equitable distribution of playing time and **never** to violate the quarter-based rules. There are no playing time restrictions in overtime.

# of Players	Minimum Playing Time	Maximum Playing Time	In-quarter substitutions
6	75%	100%	Yes for all leagues
7	50%	75%	Yes for all leagues
8	50%	75%	Yes for all leagues
9	50%	75%	Yes for all leagues
10	50%	50%	Yes for all leagues

A substitution may be made for a player required by a game official to leave the court due to injury, illness or rule infraction. The substitute should be a player that was intended to play less than 75% of the game. The quarter will be considered as played in full for the exited player and sat out in full for the substituted player.

For a 7-player team, if a player fouls out before half-time, it is understood that the coach may not be able to adhere to the maximum playing time rule; two players may end up playing in all four quarters.

**Allowable Point Differential:** Playing or coaching to win is acceptable, but deliberately running up the score is prohibited. Techniques such as substitutions, position assignments, and type of defense played, assigning players to work on their weaker hand, and encouraging better player to work for an assist rather than a shot are strongly encouraged. Coaches shall use these techniques in order to maintain the following point differential:

League	Allowable Point Differential
4th	10

The coach of a team trailing by more than the above point differential may irrevocably elect a continuous running clock (except for time-outs and foul shots).

**Time Outs:**

- Three (3) full one (1) minute and two (2) 30-second time-outs per game
- Unused time-outs after regulation are carried over into overtime; an additional full time-out is allotted to each team in the overtime period

**Game Time:**

- 6-minute quarters, with one 3-minute overtime period (if needed)
- If score remains tied after one (1) overtime period, the game shall end in a tie.

### **Defense:**

The following defensive rules are in effect in 4th grade leagues:

- While the ball is being walked up from the backcourt, defensive players must remain below the top of the key. If the ball is dribbled across the half-court line, defense may not be initiated until the ball and both feet of the dribbler are across the half-court line. If the ball is passed across the half-court line, defense may be initiated as soon as the receiving player touches the ball (establishing control of the ball is not necessary). Any pass from midcourt into the region below the top of the key shall be considered live and defense can be initiated without constraint. The intent is to allow the offense to regularly advance the ball into the forecourt and establish an offense.
- No trapping or double team defenses (i.e., defenses designed solely as such) are allowed in 3rd or 4th grade Leagues. Proper "help" defensive techniques are allowed and should be taught and used. In most cases, double-teaming in the lane is considered proper help defense. Defensive players may not simply stay in the lane or "hawk the ball" without proper defensive position between their man and the basketball. The intent is to promote proper team defense and offense, not to create defenses that are ever more exotic and offenses that take advantage of the rules or simple disparity of player talent, at the expense of teaching fundamentals.
- Zone defense is not allowed in 3rd and 4th Grade Leagues, and only man-to-man (hereinafter "MTM") defense is permitted. The intent is for players at this level to develop their MTM skills first, as follows: 1). MTM Defense "On the Ball": When the person a defender is assigned to guard has the ball, the defender must be in an active guarding position and move his or her position on the floor in relationship to where their assigned opponent moves, endeavoring to maintain no more than an arm's length distance from their opponent; 2) Defending "Off the Ball": When the person a defender is guarding does not have the ball, a defender shall employ the "ball-player-self" or "triangle" concept, positioning his or her self so that he or she can see the ball while keeping track of his or her assigned opponent. In either case, a defender may leave his or her position on the floor to provide proper "help" defense, or defend a player entering the lane.
- For 3rd and 4th grade, backcourt defense is prohibited EXCEPT in the last sixty (60) seconds of the fourth period or any overtime period of a game. A team leading by 10 points or more entering the last 60 seconds of the fourth period or any overtime period is not permitted to defend in the backcourt until their lead drops below ten (10) points.
- If the team on offense attempts to fast break or tries to push the pace to overtake the defense, the team on defense will be allowed to play defense at that time. A fast break is defined as any time a player tries to pass over or dribble past the defense. When attempting a fast break, the offensive team gives up the right to walk the ball up the floor uncontested.
- The use of one or more offenses designed to exploit the MTM defense requirement at the 3rd and 4th Grade levels in violation of the spirit of these rules, such as by the use of one or more so-called "spread-em-out" offensive techniques or during out of bounds plays, are prohibited. The first violation of this paragraph shall result in a warning. A second violation shall result in a technical foul being charged to the offending coach. Any subsequent violation of this paragraph in the same game shall constitute grounds for forfeiture of the game to the opposing team upon the application of the latter's coach and approval by the Board. Repeated violations in multiple games will be grounds for board investigation for possible disciplinary action.