

**NASSAU COUNTY PAL
3rd AND 4th GRADE BASKETBALL RULES**

The official high school rules govern the playing of the league. There shall be no deviation from these rules, except for the items listed below:

A. Length of Game:

Warm-up – 5 minutes

Game Length – 4 “8” minute periods with running time. **The only time the clock will stop is a free throw, midway substitutions, timeout or injury.**

Substitutions – At the midway point, the referee will blow the whistle and put in the subs. **This is not a time out. The kids need to be ready to go in and start playing right away.** If the coach is not ready, a time out will be issued. If there are no time outs available, a Technical Foul will be called.

Halftime - There is a 3 minute break at halftime if time permits.

Overtime - There is no overtime.

B. Player Playing Time:

The “even play rule” is in effect. All players have to play an even amount or close to that depending on the players in attendance. For example:

<u>Players</u>	<u>Periods Played</u>	<u>Minimum/Maximum</u>
12	4 kids play “4” 4 minute time periods and 8 kids play “3” 4 minute time periods each.	
11	7 kids play “4” 4 minute time periods and 3 kids play “3” 4 minute time periods each.	
10	All 10 kids play “4” 4 minute time periods each.	
9	5 kids play 4 “4” minute time periods and 4 kids play 5 “4” minute time periods	
8	All 8 play 5 “4” minute time periods each	
7	2 kids play 5 “4” minute time periods and 5 kids play 6 “4” minute time periods	
6	2 kids play 6 “4” minute time periods and 4 kids play 7 “4” minute time periods	

If a player arrives anytime after the start of the game, the coach may adjust that person’s playing time. However, all efforts should be made to get close to the even playing grid above. Each player must check in at the scorer’s table before each period.

C. Timeouts:

2 “30” second timeouts per game

D. Offense:

- These are the grades to start teaching your kids the game. They should learn where to position themselves on the court, how to set a pick, how to drive to the net, rebound, etc.
- Picks – Always a lot of fun at this age. They need to learn that they need to be stationary, arms down or crossed. Some of the refs will call it if they are not doing it right. However, if they are not calling it and you see it being done wrong, you are not doing your job if you let it go without correcting it. The kids need to learn from their coach first. Please instruct the kids on the right way to do it.
- Bringing up the ball – try and get all kids bringing it up during the game. Designating 1 or 2 kids as you’re guards and only having them bringing it up is not the flavor of the league. Get all kids involved in the game.
- Five Second Rule – There will be a five second rule in the paint. Please teach the kids about the rule and try and enforce it more as the season goes on if you can.
- Plays – At this age, getting the kids moving around, setting picks, give and goes, is probably all you’ll be able to get to. However, you’ll find that they still love doing plays even if they rarely do them right.

E. Defenses:

- Teams may play a man to man defense (preferred) or a modified zone defense. Normally, a zone defense enables you to double team an opposing player. Most of the kids in our league are still not ready for this. So, **double-teaming is not permitted on the perimeter of the court.** This is an exception to the true zone defense application. There are only two situations when a double team is allowed:
 1. If an offensive player initiates a double team as he or she is driving to the basket in the paint.
 2. In the paint, double/triple teaming is allowed.
- No pressing. Players are not permitted to defend in their frontcourt (your opponents' backcourt). Any form of pressing is a defensive violation. Please allow the kids to get the ball over the half court line and attempt one pass.
- **Defenders may not steal off of a dribble or in the hands of the ball carrier in the perimeter of the court.** Stealing is allowed in the paint and the defenders are allowed to steal a pass after the first one in the perimeter. If the team is leading by 10 or more, no steals whatsoever.

F. Fouls:

- At this age, fouling is rampant, especially in the paint when a player is shooting. The refs may or may not call fouls. Again, this is another one of those areas that needs to be addressed by the coaches. We are here to teach the kids the game. They have to learn how to defend without hitting each other on the arms, back, head, etc. We are not going to track fouls by players, however, please teach the kids that if they accumulate 5 fouls, they will foul out of a game.

G. Officiating:

Referees will be assigned to each game. The referees shall be in control of the playing area. They are to receive 100% cooperation from all involved. **THERE IS A ZERO TOLERANCE RULE IN EFFECT. THIS MEANS YOU CANNOT ARGUE A CALL. THIS GOES FOR THE PARENTS OF THE KIDS ON YOU'RE TEAM.** If you want to question a call, it needs to be done between periods and at the discretion of the referee. The referees will make mistakes, just let it be.

Please keep in mind that the referees for the 3rd and 4th grade are generally junior & senior high school students. They should be treated with a high level of respect and consideration. Any inappropriate behavior from the coaches or the parents will be presented to the Police Officer in charge of our unit. In the event that no referees appear within 10 minutes of the scheduled start time, the game shall begin ASAP with volunteer referees, mutually agreed upon by each opposing coach. If, and when the referees arrive, they shall assume officiating duties immediately. If the game is conducted without league-supplied referees, the grade Coordinator and League Director must be notified.

H. Mercy Rule:

No steals if you are leading by 10. This is the time to get the kids who don't get to touch the ball much, more involved in the game.

I. No Jewelry - No earrings, rings, bracelets, etc.

J. Basketball Size – Boys – 28.5 inch Girls – 27.5 inch

K. Results of the Games:

Winning coaches will call or email the scores into their Coordinators. We don't keep wins and losses. We just want to know the scores to see how the teams are balanced. It will help us in forming rosters for the next year.

Note: The teams are made up to the best of our ability to be as even as possible. However, sometimes there are teams that are more dominant than others, especially in the younger grades. The league hopes that the coaches will be aware of this during the games and not run up the scores against those teams that are struggling.