

**Berkshire Family YMCA & MAYAA**  
**Youth Basketball**  
**3rd & 4th GRADE BASKETBALL RULES**

**TIME**

Each game shall consist of four, eight minute quarters. The clock will be allowed to run, stopping only for time outs, shooting fouls, and the discretion of the official due to injury, etc.

In the event of a tie score at the end of regulation play, One minute overtime will be played. After two completed overtimes, if the tie remains, Next Basket Wins.

For the last two minutes of the 4th quarter and in overtime, the clock will be stopped on all referee's whistles.

The time between quarters will be one minute. Half time will be five minutes long. The official will be responsible for these times.

**TIME-OUTS**

Each team may take two time-outs per half. Regardless of the remaining time-outs, each team is rewarded one additional time-out in the overtime period. An attempt by a team to call a time-out after all are used will result in a technical foul on that team, awarding possession of the ball to the other team. The officials will keep accurate account of time-outs and update the coaches regularly during the game. A time-out will be one minute in length as determined by an official. The coach or any player on the floor playing may request a time-out, but not while the ball is in possession of the opposing team.

**DEFENSE**

To ensure the development of offensive and defensive basketball skills, Defense can only be applied at the 3-point line and you can only play Man to Man (No Zone). Half court pressing will be allowed the last two minutes in each half. Each coach from both teams must agree prior to the start of the game, Once a team is up more than 10 points no half court can be applied, go under 10 points you can resume.

Note – as skills and teams develop, half-court defense may be played starting at the beginning of the game if both teams agree prior to start of the game. This should be worked toward and the goal as the season progresses.

**OFFENSE**

Once across half court the Offense must penetrate the 3-point line within a five second to avoid change of possession. Three-pointers are allowed at this level if

playing half-court defense. If a three-pointer is shot when not allowed, it will be a turnover.

### **BACKCOURT VIOLATION**

Standard 10 second backcourt violation will be in effect.

### **JUMP-BALL**

Jump-ball will be used to start the game and after that alternate possession will be in effect.

### **Basket Height**

For all 3rd & 4th grade boys and girls the baskets will be set at 10 ft for all games

### **THREE SECOND LANE**

Three second violation. Any count by the official on an offensive player in the lane will be nullified by a shot on the basket. A new count must then be started again. An offensive player may remain in the lane or "paint" longer than three seconds if he (she) has the ball and is moving toward taking a shot. He (She) MUST shoot the ball. If he (she) passes to a team member, an automatic three second rule will apply.

### **POSSESSION**

If the defensive team acquires possession of the ball in its defensive end of the court, it will be allowed to advance the ball into its offensive end per the above defensive rule. Standard jump-ball rule (alternate possession) will be in effect, with the exception that if a defender comes down with a rebound, the above defensive rule will be in effect. Only when two opposing players rebound a ball simultaneously will a jump-ball (alternate possession) be called in that rebounding situation.

### **BALL OUT OF BOUNDS**

Any team taking the ball out of bounds will have five seconds to put the ball into play. Failure to do so results in a loss of possession. The ball must be touched by a player on the floor to be in play. You must let the team inbound the ball before you can start play no defense on the inbound pass, unless the inbounder can be defended inside the 3 point line.

### **FOULS**

Any player MUST leave the game on committing his (her) sixth personal foul. If a player is one of only five remaining for a team to be eligible to play due to attendance or fouls, that player may remain in the game after reaching his (her) limit. If this occurs, a two shot foul shot situation will be awarded to the team on

each foul by a player exceeding his (her) own limit, regardless of time left in the game. No team will be required to play with less than five players due to fouls. Nor will players already fouled out of a game be allowed to re-enter if it reaches this situation. Only the fifth and final player may continue to play.

Two foul shots will be awarded on shooting fouls. A two shot foul will be awarded the fouled team on the tenth foul of each half by the opposing team, the official score book of that game will keep track.

### **FOUL SHOOTING**

Players must take their foul shots from behind the foul line. However, he (she) may take one step across the line in the act of shooting. He (She) may not rebound his (her) own shot unless touched by another player in the three second lane. Doing so will result in the loss of possession. He (She) may rebound the shot freely outside the three second lane. All other players can enter upon the release.

### **SUBSTITUTIONS**

Teams will sub on dead ball situations although the clock will be running it is important to get the kids in and out of the game quickly failure to do so and delaying the game could result in a technical foul, it will be up to the officials discretion a warning will be issued first.

The clock will also be stopped halfway through each quarter to allow for substitutions and to realign defense. Limit of 30 seconds then play must resume.

Coaches should ensure that each player will play at least 12 mins per game. The idea of MAYAA basketball is not to win, but to teach the ideas of sportsmanship and the game of basketball. Remember the parents come to see their child play and it is your responsibility as a coach to make that happen.

### **PLAYER PARTICIPATION**

The 3rd & 4th grade basketball program has been established as a recreational program in Bennington with the following goals in mind.

- To provide fun for the participants.
- To teach sportsmanship, fair play, and the art of team building or team spirit.
- To foster the correct sense of competition within the guidelines, both as winners and losers.
- To introduce the young people to the game of basketball.

With these above mentioned goals, it applies equally to every participant in the program.

Certainly, some of the children will exhibit more ability than others. Regardless, the basic rules and regulations apply to each and every participant.

Everyone deserves an equal opportunity to participate in practice and the games themselves. A coach may have the option of benching a team member for a game for an infraction of one of his/hers or our rules. In such cases the coach will notify the opposing team coach and the official of his/her decision. Coaches should strive to avoid the situation where winning and losing must be weighed against player participation.

### **COACHING DEPARTMENT**

Remember the children will learn more by what we do than by what we say. Our sideline behavior should reflect our desire not to increase the pressure of the game to the children. We should strive to encourage the children to do their best, but not make them that their best is not good enough. Coaches should show respect to the officials and avoid actions that pull parents and spectators into the game.

Coaches wishing for a clarification of an official's call must wait for a stopped clock or use a time out.

Coaches are asked to refrain from using any abusive language towards their team or the opposition. Unruly behavior by themselves or team members will result in a technical foul on the second violation and the opposing team awarded the ball.

### **SPECTATOR DEPARTMENT**

This program is designed as a learning experience for the youth of our community. MAYAA's goal is to teach the fundamentals of basketball, sportsmanship, the art of getting along with our fellow team members, and to foster the correct sense of competition within the rules and regulations.

Spectators at MAYAA's games are asked to respect our purpose and help us attain these goals. Rooting and encouragement of players and teams during the game is expected and hoped for.

Any verbal abuse or unsportsmanlike conduct by the spectators is prohibited. If any of the

above does occur, the officials will give a warning. If such behavior does continue, the officials will stop the game and clear the gym of all spectators involved before continuing the game.