

# HAMPSHIRE TOWNSHIP PARK DISTRICT

## 3<sup>rd</sup>/4<sup>th</sup> Grade Boys/3<sup>rd</sup>-5<sup>th</sup> Girls BASKETBALL RULES

### 2024-2025 Season

#### Game Rules

1. **Length of games** – Four – 8 minute quarters running clock. The last 2 minutes of the 4<sup>th</sup> quarter will be stopped clock. The clock **DOES NOT** stop on a made basket. Teams will not change baskets after halftime.
2. **Timeouts** – Each team will be given 2 time-outs per half and will not carry over. Referee(s) and HTPD staff reserve the right to decline a time-out if deemed detrimental to the game, or is unsportsmanlike in nature. (*i.e. calling a time out with 10 seconds left in the game with the lead to try and score more points*)
3. **Coaches** – One head coach and one assistant coach is allowed on the bench for games. Only the head coach is allowed to stand during the game. If an assistant is standing during the game, they will be issued a warning. After that, the assistant will be assessed a technical foul.
4. **Overtime** – In the event of a tie game at the end of 4 quarters. A 2 minute overtime period will be played using a stopped clock. Each team will be given 1 time-out. Personal fouls carry over into overtime. Timeouts do not. Team fouls will reset. If the game is still tied after 1 overtime, the game will end in a tie.
5. **Ball Size and Rim Height** – 3<sup>rd</sup>/4<sup>th</sup> grade boys will use 28.5 and 3<sup>rd</sup>-5<sup>th</sup> grade girls will use 27.5. Both groups will play on a 9' rim.
6. **Substitutions** – At the end of each quarter, every player on the bench must come into the game. It is the intent that every player, regardless of skill gets an equal opportunity to play. The only other time substitutions can be made is if a player has an injury/illness, or coach/referee(s) believe a player is being disruptive to the game. If a team has 11 players, 1 player should substitute into the game halfway through the quarter. The rest of the team will substitute as normal at the end of the quarter. The referee will stop the game on a made basket or violation to allow the 1 player to substitute in.
7. **Matchups** – For the first half of the season, players about to enter the game at the beginning of a quarter will line up in the middle of the court and coaches will assign their player a colored wrist band to match up against another player on the other team. If coaches don't agree on a match up, a decision will be made by the referee or A HTPD employee. Players are not to change wristbands with a teammate during the quarter. If players are switching wristbands during the game, a technical foul will be called. If a coach wants to switch a matchup, they must call a timeout and let the referee and opposing coach know the switch is being made. Players will not wear wristbands in the second half of the season.

*The goal is to have players of similar height and ball handling ability guard each other.*

8. **Fouls** – All fouls are under referee's discretion and are final.
  - 5 personal fouls per game. On the 5<sup>th</sup> Personal foul, that player must sit out the rest of the game.
  - Technical and flagrant fouls count as 1 personal foul. – The referee(s) and HTPD staff reserve the right to eliminate a player for the rest of the game if he/she believes the fouls is severe. All decisions by the referee(s) or HTPD staff are final.
  - Flagrant and technical fouls will count as an automatic 2 points and possession of the ball for the opposing team. The ball will be inbounded at the half court line. A player who receives a technical/flagrant foul must sit for the rest of the quarter.

- If a coach receives a technical foul, he/she must sit for the rest of the game. They will be ejected on a second technical foul. Per the coach's conduct manual, if a coach is ejected their status for continuing to coach the remainder of the year will be deliberated by the HTPD Athletics Recreation Manager and Program Supervisor. If the coach is terminated, they may appeal the decision to the HTPD Board of Commissioners at a board meeting.
  - On the 5<sup>th</sup> team foul in each quarter the opposing team will shoot 2 free throws. Team fouls reset after each quarter.
  - If a team is unable to field 5 players due to foul trouble, the opposing coach will choose the player that may re-enter the game in order for the team to field 5 players. If a team only has 5 players at the game, the player who fouls out may stay in the game, but every additional foul they commit will be a technical foul.
  - *Never argue a call with a referee or try to call out your own belief of a foul or violation. Referees will always try their best to make the right call in a split second. Sometimes this may lead to a missed call or a wrong call. Please understand, this is recreational basketball and no standings are kept. Be respectful to the referees! Referees and HTPD staff reserve the right to hand out technical fouls or remove coaches and spectators from the gym who argue calls in excess.*
9. **Free Throws** – Free throws will be taken from the red line in front of the black free throw line. The shooter may jump over the line on his or her free throw attempt. However, if the shot misses, the shooter cannot be the first to touch the ball. When running clock is in effect, the clock will stop when the shooting foul is called until the player receives the ball to shoot his/her first free throw.
- Players occupying marked lane spaces may leave the lane spaces when the ball is released.
  - **Before every game each player present will shoot 1 free throw – Each will count on the scoreboard as (1) point for their team before the game begins. If 1 team has more players than the other, the team with few players will shoot the same number of shots as the other team. The coach of the team with the less players will choose which players will shoot more than once from their team. If this is a common occurrence, that coach should use a different player throughout the season to shoot the extra free throws. Teams should encourage their own teammates regardless of misses or makes. The opposing team or spectators may not yell at the other team during their free throws. If this happens, it may result in forfeiting 1 or more made free throws for the team at fault.**
10. **Possession** – Jump balls will begin each game. All kids should be given the chance to participate in the jump ball throughout the season. A referee or HTPD staff member reserves the right to pick a new child to participate in the jump ball. Alternate possession rule will be in effect.
11. **Stealing** – Steals will NOT be allowed when a player is dribbling. Defenders are allowed to steal passes, pick up loose balls, and block shot attempts.
12. **Defense** – Every team must play man-to-man defense throughout the season.
- Help defense or momentarily switching on a screen is allowed. Defenders must be within 6 feet of the person they are guarding starting at the top of the free throw line extended.
  - Double-teaming is considered when two or more defenders are on guarding the ball handler for a substantial period of time. One or more of the defenders are more than 6 feet apart from the person they should be guarding. Double-teaming is not allowed.
  - The referees will allow 3 seconds of help defense. If the player who helped does not return to guard their assigned player, the referees will whistle the play dead and reward the offense with the ball underneath the opposing team's basket, regardless of where the double team took place.
  - No double teaming will be called on shot attempts.

- If a turnover occurs before the 3 seconds is called, the ball will NOT be returned to the offense.

13. **Defensive pick-up** – Ball handlers will have 10 seconds to cross the mid court line. No backcourt defense is allowed. On the case of a rebound or turnover everyone must drop back to the other side of the court. There will be no double dribble or minor traveling calls until the ball crosses half court.

*The idea of the no double dribble or minor traveling calls are to encourage more kids to play point guard and dribble the ball up court without fear of creating a violation that would “hurt” the team. This rule should also help with any illegal backcourt defense that accidently causes a travel or double dribble. If a player travels with the ball excessively (4+ steps) then a turnover will occur. We do not want to see teams walking the ball up the court to take advantage of the rule.*

- Defense is only allowed to be played on the ball handler once they cross the blue line. Once the ball crosses the blue line, the offense forfeits the space and the defense may follow the ball handler back over the blue line.

14. **Fast breaks** – Fast breaks will be allowed during the entire game up to a 20 point lead.

*The idea of the game is to NOT blow a team out, everyone should leave the game feeling good about the game that they played and should never feel dejected.*