

# Pleasant Dale Park District

## 3<sup>rd</sup>-4<sup>th</sup> Grade Boy's Basketball Rules



### Equipment/Uniforms

- The Park District will supply game jerseys that must be worn on Saturdays.
- Eyeglass straps are required.
- Gym shoes must be worn. No black-soled shoes will be allowed.
- Please carry ALL game shoes into the building; this will prevent getting the floors slippery.
- No jewelry, bracelets, necklaces or watches may be worn during games.
  - \*\*\*Exception—Medical alert bracelets\*\*\*

### Format:

- 6 minute quarters | 28.5" ball | 9' Hoops
- All games/practices at Walker Recreation Center gym
- The Park District provides game balls and practice balls.
- Each team will have a minimum of five minutes for warm-up before the start of the game, as long as time allows.
- The game clock stops ONLY for fouls during the last minute of each quarter.
  - On shooting fouls that occur before the last minute of the half, the referee will have the clock stopped to let the boys get in position. When they have their position set, the game clock will resume.
- Overtime periods will be three minutes. The clock will run two minutes.
  - The clock in the last minute will stop on all whistles. There will be a maximum of two overtime periods, and then the game will be considered a tie.
- Forfeit time will be five minutes after the scheduled game time.
- Teams may start the game with four players.

### Time Commitments

- Boy's basketball teams are expected to practice once a week.
- Boys are asked and encouraged to attend their weekly practice.
- Practices are restricted to the dates, locations and times that are assigned by the Park District.
- **Please drop off and pick up your child on time. The coach's schedules are greatly affected if this does not occur.**

## League Rules

\*\*\*IHS rules apply except for specific in-house changes\*\*\*

- Before, during and after each game, only players who are registered in the program will be allowed to use the basketballs.
- **Only two coaches are allowed per team and only those two coaches will be allowed to sit on the bench.**
- **Press Rule:**
  - 3<sup>rd</sup>/4<sup>th</sup> - May not press at any time. No defenders are allowed past the free throw line extended. \*(Press line is subject to amendment pending evaluation)
  - Officials may institute a countdown clock if they feel a team is attempting to withhold the ball from the field of play
- **Fouls:**
  - Any coach or player that receives a technical foul will be immediately ejected from the game.
  - In the event of an ejection, coaches must leave the gym and players must sit out at the end of the bench. **TECHNICAL FOULS MAY BE GIVEN FOR ANY INAPPROPRIATE LANGUAGE!**
  - On the seventh foul of each half for either team, a bonus shot (one and one) will be awarded. On the tenth foul of each half for either team, a double bonus (two shots) will be awarded.
  - On free throws, the player may go over the free throw line after releasing the ball.
  - The lane under the basket will be a five count rather than a three count
  - Referee's may enact a 10 second count if they feel a team is deliberately withholding the ball in the no press area
- **EACH CHILD MUST PLAY EQUAL TIME!!!** This will be closely monitored every game.

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*As a recreational league, it is important to have fun and enjoy playing. To better achieve this, we ask that all coaches be aware of their player's abilities. At any time when a team is up by 10 or more points, we recommend rotating players more frequent allowing the less strong players to continue in the stronger players place. Because this is a recreational league, this rule will help keep play on a more fair and equitable level.*

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- **All players must check in at the scorer's table to go in on a substitution.** They may enter the game only after being buzzed in.
- **Time-outs:** Each team will be allowed four, one-minute time-outs per game.
  - No more than three can be used in a half. One additional time-out will be given in the event of overtime and time-outs will carry over from regulation.
- Parents are encouraged to be active supporters of the team and help with treat schedules, etc.