

BASKETBALL COACH'S GUIDE

Laws of the Game 3rd & 4th Grade

Playing Time

- **All Players must play equally regardless of ability or position**
- Substitutions are only allowed at the start of each quarter unless authorized by a YMCA official.
- A coach reserves the right to play a player less than required if practice regulation have not been met. The coach **MUST** have approval from the Y-Basketball Coordinator prior to the game and **MUST** notify the referees and opposing coach prior to the game.

Game Administration

- To ensure all games start on time, please arrive 10 minutes early.
- Ball Size: Women's Ball 28.5
- Basket Height: 8ft (depending on schools fixed height)
- Games will be played 5 on 5. If a team is short players, they may borrow a player from another team until another participant is available.
- Non-athletic wristbands, earrings, necklaces and jewelry should be removed before starting play
- Games consist of four 8-minute quarters with running clock (2 minutes between quarters and 3 minutes for half-time). However, the clock will stop for time-outs, during the last minute of each quarter, free throws and referee discretion. (NO overtime if games ends in a tie)
- Score will be kept by a volunteer at the scorers table. No team will be allowed to be up by more than 20 points, is a team is up by 20 and they score, the point will not be put on the scoreboard until it is less than a 20 point lead.
- Each team is **required** to provide one person at each game who can help with timing. This volunteer may be the same person each week. **Please have a volunteer ready before your scheduled game time.** Home team keeps score, visiting team keeps time.
- All players must check in with the scorer at the beginning of every quarter. Players can only substitute during a quarter break.
- A Jump ball will take place at the start of the game. (Players will line up around center circle standing next to their opponent. One player from each team will stand in the center of the circle and tap the ball towards their team as the official tosses the ball up)
- Possession arrow begins facing the direction of the team who did not receive the initial jump ball. During play, should a jump ball be called, possession arrow changes direction. At half-time, the possession arrow must be switched due to the fact that the teams change direction.
- At the beginning of each quarter, possession is given to the team who is to receive possession of the next jump ball.
- In-Bounding regulations:
 - 3rd Grade: All in-bound plays will start at half court using a sideline in-bound. Players have 5 seconds to inbound the ball.
 - 4th Grade: All in-bound plays will take place nearest the spot where the ball went out or where the foul occurred. If gym space is limited, all in-bound plays will start at half court using a sideline in-bound. Players have 5 seconds to inbound the ball.
- Each team is allowed one sixty-second time-out per half. Substitutions may not be made during a timeout.
- Fouls will not be officially recorded and players will not foul out. Only team fouls will be recorded.

Defensive Regulations

- All teams are required to play man to man defense. Defenders must be with-in 3 feet of their offensive player at all times. The referees will assign defensive/offensive players at the beginning of each quarter. Help side defense is allowed, but you must be 3 feet from your opponent at all times.
- Players are allowed to block shots. The defender is not allowed to make contact with the offensive player's hand or body.
- No backcourt press. (The defense cannot defend in the backcourt)
- **Backcourt time violation will be called. (The offensive player who maintains possession has no more than 10 seconds to cross half-court)**
- No double/triple/quadruple teaming is allowed.
 - Double/triple/quadruple teaming is the intentional and persistent guarding of one offensive player by two defensive players as to put the offensive player at a disadvantage (i.e. trapping)
- Switching is allowed on screens.
 - A "Switch" is when a defensive player switches the offensive player they are defending, while still maintaining man to man defense.

The YMCA officials and staff have full authority in the Y-Basketball programs and reserve the right to modify the interpretation of any rule in the their discretion.

BASKETBALL COACH'S GUIDE

Laws of the Game 3rd & 4th Grade Continued...

Defensive Regulations Cont.

- A defensive player can only steal the ball on a pass or lose ball
 - 3rd Grade: A player can steal a ball off of the dribble if the player they are guarding is anywhere inside the key
 - 4th Grade: A player can steal a ball off of the dribble if the player they are guarding has crossed the half court line
 - ONLY the player guarding the person with the ball can steal it off of the dribble for both 3rd/4th Grade
- The 1st double/triple/quadruple team per half will be a warning with the ball going back to the offensive team with a side inbound. Each additional multiple team defense will result in one free throw for the offense and the offense will retain possession with a side inbound. "Illegal Defense" should be called

Offensive Regulations

- **Players may set screens**
- Over and Back will be called and result in a turn-over
 - Over and Back is when an offensive player with possession of the ball crosses half court and then crosses back over the half court line.
- The offensive team will be allowed 5 seconds in the key before a violation is called.
 - A lane violation is when an offensive player remains in the lane for more than 3 seconds without an attempted shot by the offense or unless the player in the key receives a pass. After an attempted shot or receiving a pass, a new 3 second count will begin. In the 3rd & 4th grade league we have modified this rule to 5 seconds.
- Players have 5 seconds to inbound the ball.
- **5 second closely guarded violation will be called.**
 - A 5 second violation is when the offensive player is immediately guarded and inactive (is not dribbling, passing or shooting) for more than five seconds.

Violations

- Team fouls will be tracked, and foul shots will be taken. If a non-shooting foul occurs, the offensive team will be awarded the ball as a side inbound at half-court.
- Teams will shoot one and one on the seventh team foul per half and two on the tenth team foul per half.
- Player fouls will NOT be tracked and players will NOT foul out
- Players can shoot from the regulation free throw line or from a modified line perpendicular to the top of the block. Players can jump over the line if necessary, however the shooter cannot rebound their own shot.

Sportsmanship

- Unsportsmanlike conduct will not be tolerated! All players, coaches and parents will exhibit Caring, Honesty, Respect and Responsibility before, during and after the Y-Ball practices and games.
- All games will conclude with a sportsmanship line-up and hand shake/high five.

Facility Usage Rules

- Each coach is responsible for the supervision of all players on the team while in the school building for games and practices.
- Use of school gyms is a privilege that can be revoked. Help us and your players by respecting the school property and by cleaning up after yourself.
- Children not participating in Y-Ball must be supervised at all times by their parents/guardian. Parents/guardians are responsible for their children's actions while on school property.
- No food or drink (except water) are allowed in the school gyms.
- No tobacco products or alcohol are allowed at schools or YMCA events.
- Basketball are to be used only in the gym, no dribbling or passing in the halls or classrooms.

The YMCA officials and staff have full authority in the Y-Basketball programs and reserve the right to modify the interpretation of any rule in the their discretion.