



### **3<sup>rd</sup> & 4<sup>th</sup> Grade Recreation Basketball Rules**

*Ohio High School rules are in effect unless otherwise noted*

1. The league uses a 9 foot basket with a 28.5" size basketball.
2. Games shall consist of a 5 minute warm-up period, 4 - 8 minute quarters and a 3 minute half-time. Each team gets 1 full time out (1 minute) and 1 – 30 timeout per half. The clock will stop for substitutions, free throws and the last minute of the game on all dead ball situations. In the last 10 seconds of the game, the clock will not begin until the ball crosses half-court. No overtimes.
3. Each team must have 5 players to start. A team may finish with less than 5 players at the coaches discretion.
4. All players must receive equal playing time, in every game, unless sick or injured. Players must be rotated to ensure equal opportunity for each player to start a game. Substitutions will be at the 4 minute mark of each period. Subs need to be at the scorer's table at 3:45 ready to enter. The officials will stop play between 3:50 and 4:10 to allow subs to enter. This is not a time-out. No "free" substitutions are allowed except for injury or disqualification.
5. Man to man defense only. At the start of each period, players should be lined up facing each other at mid-court, in order of ability. The best player should be lined up closest to the center divider, the second best to his/her right and so on. This is preferable to lining up by height.
6. No double or triple teaming. Violations will result in the ball being awarded to the offense. Help defense and switch defense is permitted. Example - A player is beaten and another teammate slides over to help impede the opponent's move to the basket.
7. No stealing when guarding the player with the ball. This includes no on-ball stealing or stealing off the dribble. Stealing a pass from player to player is permitted.
8. No full court press or defending in the back court. Once a defender successfully gains control of the ball by a loose ball or rebound, the opposing team must retreat beyond mid-court. A defender may not engage a player dribbling or passing the ball until the ball has crossed mid-court. *EXCEPTION: Full court and half court presses are allowed the last 3 minutes of the half and the last 3 minutes of the game unless your team is ahead by 15 or more points.*



9. Players will be called for traveling and double dribbles. Violations will result in the ball being awarded to the opposing team.
10. Free Throws (12 ft.) – Seventh team foul per half will put team in bonus (1 & 1) situation. Tenth team foul per half will put team in bonus (2 shots).
11. Three point lines will not come into play.
12. There will be no arguing with game officials, coaches, parents or players. Problems must be brought to the attention of the Gym Supervisor and/or League Director.