



HIGHLAND

PARKS & RECREATION... The *FUN* Theory!

3rd/4th Grade Basketball Rules

IHSA Rules will apply besides:

The overall goal is to show and teach good sportsmanship on and off the court and provide the opportunity to learn the fundamentals of basketball.

Format: 5 on 5 full court; women's size ball (28.5); man-to-man defense only (no trapping/double teaming); alternating possession on jump balls & start of second half. Free-throws from the front free-throw line.

Timing: 16 minute halves with a running clock. The clock will be stopped during the last minute of each half for team and official timeouts or other stoppage of play. There will be 2 full one minute timeouts per half. 5 seconds in lane.

Fouls: Players can foul-out after 5 personal fouls. Coaches, please be sure that the children are under control. If child is repeatedly roughhousing alert the ref that you need a sub, and address the problem in a calm, collected manner. Notify parent if behavior continues.

Playing time: All players should receive equal playing time (as much as possible – if you have an odd number of players), unless a player consistently misses, is late, or is continuing to play too rough.

Officials: The officials for this division will be instructed to explain the rules and concepts to the children when necessary. This is an excellent opportunity for the children to learn the game.

Unsportsmanlike Conduct: Unsportsmanlike conduct will not be tolerated by anyone. This league is for fun and learning. If you have any parents, fans, etc... getting too intense please address the problem, or let the official know. Out of control fans will be ejected from the building immediately.

Special Rules

- 1) Man-to-man defense at all times. Absolutely no double teaming will be allowed.
- 2) Defense must start at half court. This will allow the children to bring the ball up the court and run their offense.
- 3) Please try to get all of the children involved in the game. Some of the children may be more advanced physically, and dominate play (or the ball). Let's be sure that everyone has an opportunity to be a part of the game and get EQUAL playing time. We are not here to win, we are here to LEARN and have FUN.