Basketball Rules
3rd-4th Grade Boys

Game Time: There will be four 6-minute quarters. The clock will not stop except for timeouts; 1 timeout per half, approximately 30 seconds-1 minute and free throws. There will be a 1 minute break between quarters; 5 minute half time. Teams will switch goals at halftime.

Goal Height: 9 ft.
Ball Size: Women's (28.5)
Substitution: Only allowed at the end of quarters.
Scoring: We will keep official score; games can end in a tie. Coaches must find a volunteer to run the clock/scoreboard, usually a parent or sibling of a player, and keep score in the official book (provided by WFC). Both can be learned quickly before games, if necessary, with the assistance of a Referee.

Minimum participation: Each player must play a minimum of two quarters and no more than three quarters. Also, every player must be given at least one opportunity to attempt to score during the course of the game. Isolation of players will not be tolerated. All players must remain in active participation. (This will be a judgment call by the official.) Rotations sheets must be used for each game. Rotation sheets will be available at the Front Desk of the Family Center. Referees will check rotation sheets before each quarter and the sheets must be turned in to the officials/referees at the end of each game.

Defense: Man-to-Man and Zone defenses are both allowed. Defense is NOT allowed to press in the backcourt.

Jump Ball: We will do a jump ball at the beginning of the game. Referees will keep track of possession during the game.

Screens: The offensive team may set screens with only one player. No surrounding of a player.

Shot Blocks: Blocking shots is allowed.

Lane Violation: 5 seconds in the lane, called by referee, will result in a turnover.

Team fouls: Bonus free throws will begin at 7 team fouls during each half; double bonus free throws will begin at 10 team fouls. Players will foul out after committing 5 fouls.

Free Throw Line: Middle free throw line. Lane violations will be enforced, which includes the shooter. Fouls will be called if players are excessively reaching or swatting the ball during a shot. Intentional fouls will result in 2 free throws for the offense and possession of the ball; the player that committed the foul will not be allowed to play the remainder of the quarter.

Other Violations: Traveling and double dribble will be enforced; will result in turnover. Illegal (moving) screens will be enforced, as well.

Back Court Time: Players will have 10 seconds to bring the ball across the half court line.

Coaches Position: Coaches may not be on the court.

Absolutely no disrespect towards
the officials will be allowed by the coaches,
players or spectators/fans.