

## North Canton Youth Basketball

### 3rd - 6<sup>th</sup> grade playing rules

- 1) Games will consist of four (4), seven (7) minute quarters. The clock will be reset to 7 minutes to start each quarter. Teams will make the appropriate substitutions at the three (3:30) minute mark of each quarter and again at the start of each quarter. No substitutions are permitted at any other time unless an injury occurs or circumstances require it. The substitution rotation will be per the published North Canton Youth Basketball Substitution Pattern. The time allowed for these substitutions will be 30 seconds, and will be strictly enforced. Substitution Patterns must be turned in to the scorekeeper and exchanged with the opposing coach prior to the start of each game.
- 2) Each team will be provided 5 minutes to warm-up prior to their game starting. (as time allows)
- 3) Half time is 5 minutes. Have your team ready to play as the 5 minute time period ends.
- 4) The clock will be stopped for all dead ball situations (e.g., violations, turnovers, time outs, fouls, etc.). If a team is up by 20 or more points in second half clock will be continuous.
- 5) Overtime will be a one (1) minute period and begins with a jump ball. All second half rules apply. Any subsequent overtime periods will be "sudden death" - the first team to score a point wins. **Rotations for overtime will follow normal substitution patterns. For example, if you are playing with 8 players and finish the last period with players 8-3 on the court, players 4-8 will play the first overtime period.**
- 6) Play will be 5 on 5.
- 7) The basket height will be ten (10) feet and the ball will be 28.5".
- 8) The free throw will be the regulation free throw line for 5th and 6th grade, but can jump across on the shot without penalty. 3rd and 4th grade will shoot from 13 feet line.
- 9) Free throws (2 pointer = 1<sup>st</sup> given-2<sup>nd</sup> shoot) (3 pointer= 1<sup>st</sup>, 2nd given-3<sup>rd</sup> shoot). All free throws must be shot in THE LAST 2 minutes of the game.
- 10) Each team will receive two 30-second timeouts per game. In overtime, each team will be allowed one timeout, no carryover of unused time outs.
- 11) Quarter's 1 - 3 Teams MUST play man-to-man defense at all times with no intentional double-teaming of the ball. Double-teaming is allowed only within the key. Help and Recover is encouraged, with a strong emphasis on the RECOVER part. **It is up to the**

**official's discretion whether the defense is double-teaming or playing help defense.** Two warnings will be issued, and all further infractions will result in a 2 point technical. Points will be added to score. No shots taken.

Quarters 1-3 The defense will start at half court. NO full-court press allowed in periods 1-3. When the defensive team gets the rebound the opposing team must retreat to half-court. Two warnings will be issued, and all further infractions will result in a 2 shot technical.

- 12) Teams may press full-court in the last 3 minutes of the 4th quarter and all overtime periods. Double-teaming and trapping is permitted in the 4th quarter only if the score differential is 9 points or less. If a team is ahead by 10 or more points, that team may not press.
- 13) While defending in the half court, steals are allowed. If someone from team A steals the dribble from team B, team A now has possession legally. **PLEASE NOTE:** this is an area of concern due to the problems this one rule can potentially cause us. Please always keep in mind that this is our REC league. The skill level of the players will vary, and at times will vary greatly. If team A is constantly “jumping a pass” or “stealing a dribble” while they are winning by 20+ because they did this while in the half court, which by rule is legal, then we are going against the philosophy of a community REC league. This is where I (Mike Bluey) ask that our youth coaches use common sense to control this/these scenarios. There will be kids that cannot dribble - it is OK to tell your defense to just stay in front of them but to not steal the ball. Also, it is OK to allow the offense (assuming you are up by 15-20+) to complete passes and take a shot, again, tell your kids to just stay in front of their player and play “token” defense.
- 14) Fouling and team fouls: Team fouls will be kept each game. At 7 team fouls the team fouled will receive 1 point and the individual fouled will shoot one free throw. After 10 team fouls the team fouled will receive 2 points and the individual fouled will shoot one free throw. Our purpose in applying this rule is to **eliminate the intentional foul issue** from previous seasons. Our goal is to make sure that all players are being taught proper man to man defense.
- 15) The purpose of this league is for the players to learn the fundamentals of basketball, with the emphasis on **FUN!**

**Substitution Pattern (bases on an 8-man roster)**

1<sup>st</sup> 3:30 minutes: 1, 2, 3, 4, 5

2<sup>nd</sup> 3:30 minutes: 6, 7, 8, 1, 2

3<sup>rd</sup> 3:30 minutes: 3, 4, 5, 6, 7

4<sup>th</sup> 3:30 minutes: 8, 1, 2, 3, 4

5<sup>th</sup> 3:30 minutes: 5, 6, 7, 8, 1

6<sup>th</sup> 3:30 minutes: 2, 3, 4, 5, 6

7<sup>th</sup> 3:30 minutes: 7, 8, 1, 2, 3

8<sup>th</sup> 3:30 minutes: 4, 5, 6, 7, 8

With this pattern each player will play 17:30/28 minutes.

**Your best player should be player number 4.**

**Your second best player should be player number 1.**