

## Rules and Regulations 3<sup>rd</sup> and 4<sup>th</sup> Grade Girls

1. Teams shall warm up opposite of their benches. A 5 minute warm up period shall be used before games.
2. First team listed on the schedule will be the Home team. Each team will be responsible for keeping your own book. The home team will be the official book in case of a discrepancy. The home team shall be responsible for running the clock. Scorekeeper **MUST** sit at the score table.
3. Each game will be four (6) minute periods with clock maintained as is with OHSAA games. Clock stops when whistle blows. With one minute between quarters and five minute half time.
4. Overtimes will be three (3) minutes. Two time-outs will be given during O.T play. Any player that has fouled out is ineligible for play in O.T. There will be 1 overtime, the game will result in a tie after the completion of the overtime.
5. Each team shall be given two time-outs per half; unused time-outs from the first half will not carry over to the second half.
  - 5a If a team has 2 timeouts left with 1 minute to go in the game and there is a 2 possession game (4 points or less), if a timeout is called, the ball is taken out “under the basket”
6. One and One foul shots shall be taken starting with the sixth team foul and two foul shots after the ninth team foul.
7. Any player that reaches five fouls during the game (including overtime) or two technical fouls shall be removed from the game.
8. The foul line will be placed at 13 feet for 3<sup>rd</sup> and 4<sup>th</sup>.
9. Free throw attempts: The ball must be released from the shooter’s hand before any player moving into the lane. If a player enters the lane the shooter will get another attempt.
10. The offense will have five seconds to inbound the ball and ten seconds to get the ball across half court. Over and back will be enforced.
11. The rim will be lowered one foot below regulation to 9 feet.
12. Teams will use a junior size basketball (27.5). Teams provide their own warm up balls.
13. Man to Man defense is required at all times after the ball crosses half court. No defense will be permitted in the back court. Double teaming is not allowed-coaches will try to not use this strategy. Ball taken out at half court. Warning issued. Repeat will result in team fouls. “Help defense is allowed when an offensive player penetrates into the lane.”
14. Fast Break - If a team is up by 10 points, no fast breaks are allowed. Must set up offense
15. Five second rule in the lane will replace the three second rule for 3<sup>rd</sup> and 4<sup>th</sup>.
16. Playing Time – Players will play **as close** to 8 minutes; if possible, players must appear in at least 2 periods during each game. This is at the discretion of the coaches.
17. Concussion Training – All coaches, assistant coaches or anyone involved with the team will be required by State Law to have training regarding concussions.
- 18. Fighting and unsportsmanlike conduct requires a mandatory 1 game suspension for players, parents and/or coaches and will be reviewed by the Mid-State Rec Board. As well as any harassment of players toward others, either in person or on any social network website. Swearing by a child, coach or parent at any time, will result in a technical foul with the offender being ejected. *2<sup>nd</sup> offense will result in a 3 game suspension. 3<sup>rd</sup> offense will result in expulsion for the remainder of the season.***
19. Coaches will conduct themselves in a calm manner and will not criticize the officials. Should you need to question a call ask the official for a time out and calmly discuss the issue. Coaches shall not yell or publicly ridicule their players. This program is for teaching basketball, if you have constructive criticism please do so in a calm manner. If a parent or fan is harassing a referee, the referee may call a two shot technical foul against your team.
20. No player may play on a Travel team and in the Recreational league, regardless of age or level. ***Players must attend or live in the school district that they are playing for. (ex: home schooled children)***  
Violation will result in forfeiture of games