

## **Steamboat Springs Youth Recreational Basketball League**

### **NCAA (3<sup>rd</sup> and 4<sup>th</sup>) Grade Rules**

**Game Time:** Boy's games will consist of two (2) 20-minute running halves. Girl's games will consist of two (2) 16 - minute running halves. There will be a three (3) minute half time.

**Warm Up:** Boys will get a seven (7) minute warm up before each game. Girls will get a five (5) minute warm-up.

**Time Outs:** Each team will get two (2) timeouts each half. The timeouts will be one (1) minute long.

\* Boys Game Time Slots are ONE hour – Boys will play 5 v 5

\* Girls Game Time Slots are 45 minutes – Girls will play 4 v 4

**Half-Court Defense:** There will be no “pressing” in the 3<sup>rd</sup> and 4<sup>th</sup> grade league. Players can only defend once the ball has crossed half court.

**Defense:** Stealing the dribble **is not** allowed. Stealing the pass **is** allowed.

**Playing Time:** This is a Recreational League. Every player must receive equal playing time.

**Score:** The score will be kept but as mentioned above this is a Recreational League. This league is not about wins and losses. It is about every player getting a chance to play basketball in a fun atmosphere.

**5-second Rule:** The 5-second rule (when defended the player cannot hold the ball for more than 5 seconds) will be enforced. Keep in mind that the referees will be very lenient with this rule in the first couple of weeks. By the end of the league 5-seconds will be called whenever it happens.

**3-second Rule:** The 3- second rule (players cannot “camp out” in the lane for more than 3 seconds) will be enforced. Just like the 5-second rule the referees will be very lenient with this rule in the first couple of weeks.

**Fouls:** Each player will have five (5) fouls. If the player fouls out they will have to sit the rest of the game. The only exception to this would be if a team only had four players present at the game.

**Free Throw:** On a shooting foul the player fouled will shoot one (1) free throw. There will be no bonus or double bonus when a team reaches seven (7) and ten (10) team fouls.

**Coaches Conduct:** Coaches are expected to treat the opposing team and referees with respect. Yelling at the referees will not be tolerated. High Altitude Basketball believes deeply in sportsmanship. We win and lose with class.

Parent Conduct: Parents are expected to treat their child's team and the opposing team with respect. Once again, yelling at the referees will not be tolerated. If parents cannot follow these guidelines they will be removed from the gym and not be allowed back the following week.

Gym Policies: It is a privilege to use the Strawberry Park Gym. Everyone who attends a game (players, coaches, parents) is expected to clean up after themselves. Children that are not participating in a game must be looked after. Parents are responsible for their children. Please make sure they don't get into trouble (no playing on the stage, keep them off the court, no running around in the arcade, etc.) HAB would like to run this league for years to come. Please help ensure that we will have a gym to play in.