

Galloway Township PAL 3rd & 4th Grade Basketball Rules

1. **Height of Basket:** 9'
2. **Time of Game:** Eight minute quarters. Clock stops for foul shots, timeouts, and on every whistle in the last minute of the 2nd & 4th quarters, as well as the last minute of each overtime. A stoppage of the clock may also be ordered by the referee at any time.
3. **Halftime:** 5 minutes at the referee's discretion. Time permitting. During halftime and between games only the PAL team players participating at that time are permitted to be on the court to warm up. All coaches and referees are asked to help keep all spectators off the court so players can warm up and the games can continue in a timely manner.
4. **Overtime:** Overtime will consist of 2 minutes for each overtime period. Each team will receive one additional timeout per overtime period. Timeouts not used during regulation time are carried over into overtime. A game CANNOT end in a time. Additional overtime periods will be played until there is a winner.
5. **Timeouts:** Each team will be permitted 4 timeouts per game, lasting 1 minute each.
6. **Personal Fouls:** Each player will be allowed 5 personal fouls. A player will be disqualified upon reaching their 5th personal foul.
7. **Technical Fouls:** A technical foul to a player will count as both a personal foul as well as a team foul. Any player or coach who receives 2 technical fouls is disqualified from participating in the remainder of the game as well as the following game. Coaches receiving 2 technical fouls must immediately leave the gym.
8. **Foul Shots:** Upon a foul shot, no player may enter the lane until the shooter releases the ball. The shooter CANNOT enter the lane until the ball hits the rim. The players beyond the arc at the shooter's release CANNOT enter the arc area until the ball hits the rim.
9. **Bonus Foul Shots:** The one and one bonus will begin with the 7th team foul. The two shot bonus will begin on the 10th team foul.
10. **The Press:** No back court press is allowed except for the last minute of the 2nd & 4th quarters, as well as the last minute of each overtime period. The defending team MUST drop back to the top of the 3-point arc (extended out to the sideline) and allow the offense to bring the ball over that line. Each team will receive 2 warnings on this rule. On the 3rd infraction and any subsequent violations, a technical foul will be called, and the offense will shoot 2 shots and get the ball out of bounds. If a team is ahead by 15 or more points, the defense will not be permitted to press AT ANY TIME. The offense MUST penetrate the 3-point arc extended within 5 seconds of crossing half court or the defense may then engage. The ONLY exception to the rule is when an offensive team is considered by the referee to be "fast-breaking". The defense may engage any offensive player at any time that is not allowing the defense to reset.
11. **Lane Infraction:** An offensive player is only permitted in the lane for 5 seconds.
12. **Referee Calls:** There will be NO arguing with a referee by ANY player at ANY time. Arguing may result in a technical foul. Coaches are expected to adhere to the PAL coaching guidelines. Only the head coach is permitted to address a referee.

13. **Playing Time:** Every player present for the game must play a minimum of one FULL 8 minute quarter. This means each player must start at least one quarter and remain in the game until that quarter is completed. In addition, each player must also play an additional 8 minutes, which may be intermittent. If there is a medical condition where a player cannot play one full uninterrupted quarter, the opposing coach and commissioner should be notified before the game. The coach must inform the score keeper when a player is in for their full quarter so that it can be properly recorded. **FAILURE TO COMPLY WITH THIS RULE WILL RESULT IN A FORFEIT OF THE GAME AS WELL AS A POSSIBLE LOSS OF COACHING PRIVILEGES.**
14. **Scorebook:** Upon coaches arriving to the gym, each coach will report to the scorer's table and check their team's lineup. Although the book may be filled in, the coaches are responsible for checking their player's names and shirt numbers.
15. **Uniforms:** All players must be in proper uniform with a number or they will not be permitted to play. All shorts will be worn above the waist. All shirts will be tucked in. **THERE WILL BE NO ALTERING OF THE UNIFORM.** Cutting or writing graffiti on the uniform will **NOT** be permitted.
16. **Jewelry:** **NO** jewelry of **ANY KIND** will be permitted to be worn. This includes ID bracelets, rings, earrings, necklaces, or any piercings. No cell phones will be permitted to be used on the bench.
17. **Seat Belt Rule:** Only one coach may stand during the game until the referee states otherwise. If a coach receives a technical foul, that coach must remain seated on the bench for the remainder of the game. The head coach will be responsible for the conduct of the entire bench.
18. **Benches:** **ONLY** team players and 2 coaches will be permitted on the bench. There will be **NO** brothers, sisters, or friends permitted to sit on the bench. **NO** member of a team's bench may block the view of the scorekeeper.
19. **3 Point Shots:** 3 Point Shots **ARE** permitted.
20. **Clock and Scorekeeper:** On the schedule, the team listed first will be the **VISITING** team. Teams must sit on the corresponding benches as noted in the scorebook. Each team is responsible to provide one volunteer, either for the clock or the scorebook. The teams will begin warming up prior to the game on the opposite side of their benches. Each team will warm up for the 2nd half in front of their own benches.
21. **Playoffs:** All teams will participate in the end of the season playoffs. The playoff positions will be determined by the season records and the playoff schedule will be made at the end of the regular season.
22. **Substitute Player:** A team will be allowed a substitute player if the team has 7 players or less. The player **MUST** be a PAL registered player and will be assigned to the team by the PAL official on-site. If a player is a late sign-up, and is not on a team, that player will be allowed to play before a player already scheduled to play that day.
23. **Concussion Protocol:** Concussions are serious conditions. **ANY** player that hits their head or shows concussion-like symptoms **WILL BE REMOVED FROM THE GAME IMMEDIATELY.** That player may **NOT** re-enter the game unless cleared by the referees, both coaches and the commissioner.
24. If a situation arises during the game which is not covered by these written rules, either the commissioner or a referee (in the absence of the commissioner) will make the decision. That decision will be **FINAL.** If a rule is not spelled out in this set of rules, the rule shall revert to New Jersey high school rules.