

CARMEL DADS CLUB 3rd GRADE BOYS BASKETBALL RULES

General Rules

- THERE WILL BE REFEREES ON THE COURT. COACHES COACH, REFEREES OFFICIATE, PLAYERS PLAY, FANS CHEER. **DO NOT CONFUSE YOUR ROLE.**
- There will be one scheduled practice per week.
- Basketball goals will be set at 10 feet and a 28.5 size Basketball will be used.
- A scorebook will be kept, and we will **NOT** reset the score each quarter.
- Three team timeouts per game, one minute each, no carryover to overtime
- One timeout per team during the overtime period
- Games will consist of four (4), nine (9) minute quarters.
- There will be one, 1minute overtime if the game is tied at end of regulation.
- Running clock except for timeouts, and 15 second pause for substitutions at or near 4:30 in each quarter (coaches have substitutes ready at scorer's table – no team huddle)
- We will play a regulation clock the last minute of the game (stops on referee whistle – starts on referee command).
- One minute between quarters and two minutes for half time
- A jump ball will start every game, with alternating possessions thereafter.
- Clock runs during the shooting of foul shots, unless a timeout has been called by a team.
- Clock will stop for injuries or if the referee calls an official timeout.
- Game may start with 4 or more players.
- An Assistant Coach or an adult must be on the bench at all times. Please keep your kids on the bench when they are not in the game.
- Equal playing time for all players on each team is expected (coach manages to CDC guidelines).
- Scorebook will be kept by home team and scoreboard will be kept by visiting team. A box containing game balls and scorebooks will be at each school.

Offense/Defense Rules

- Man-to-Man defense is the only form of defense allowed. NO ZONES. Players will be warned if they are not guarding their man. Must be near (within arms length) their man anytime their man is within 15 feet of the basket (referee judgment – not arguable by the coach). Violations warrant a dead ball, inbound play.
- Defensive players may come off their man to help if the offensive player with the ball has become free, is below the free throw line extended, or is in a fast break mode.
- Double teaming will be allowed on an offensive player with the ball, below the free throw line extended. Violations warrant a dead ball, inbound play.
- No triple teaming unless in the lane. Violations warrant a dead ball, inbound play.
- At change of possession, the defensive team must retreat to the front court and pick up the offensive players at half court.
- Pressing will be allowed in the last minute of the game by the team that is losing. Press must be Man to Man, no trapping.
- No offensive players may be positioned as an attempt to isolate specific players.
- 3 seconds in the lane, over and back of the timeline, and stepping on/over the line on inbound plays will be enforced.
- 10 second rule is in effect to cross mid-court
- 5 second call: Referee may call a jump ball if one player being guarded maintains possession without advancing the ball for more than 5 seconds.
- Double dribbling, traveling, stepping out of bounds fouls will be called
- Stealing is allowed and blocking shots is permitted. However, fouls will be called if there is ANY contact. Be sure and coach the boys to this point.
- Five fouls and players are out of the game. A coach can substitute for a player in foul trouble (defined as received his 3rd foul in the first half) but must use a time-out to do so.
- We will shoot free throws for “in the act” of shooting fouls. **We will shoot from 12 feet instead of 15 feet.** For a shooting foul the player/team receives one point plus one free throw attempt. If the player makes the shot while being fouled, the player/team receives 2 points plus one free throw attempt.
- On the 10th team foul and after in each half, all fouls are treated as shooting fouls (1 point and one FT attempt). All others are treated as dead ball and the ball is taken out of bounds.

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- Players are allowed to cross the free throw line when attempting free throws as long as they release the ball before they touch across the line.

Miscellaneous

- Coaches, players and spectators displaying un-sportsmanlike conduct will be warned by the referees. A second incident will be grounds for removal from the facility and reported to the League Commissioner.
- Make sure you inform your parents of this rule and that they are reminded prior to the first game.
- Teach Fundamentals. Touches on the ball are still very important.
- Remember, this is 3rd grade boy's basketball, not major college or professional basketball. Large gaps in game scores should be controlled. Don't embarrass another team.
- Be supportive of your team, the opposing team, the referees, and have FUN!

Food and Drinks

- Only water is allowed in the gym. Gatorade, sodas, etc have been spilled on the carpet which leads to a cleaning bill to Carmel Dads'. This includes **parents** bringing in coffee, sodas, etc.
- Clean up around bench area and spectator area at end of game.
- Food and snacks are not allowed in the school facilities.