

CARMEL DADS CLUB

4th GRADE BOYS BASKETBALL RULES

General Rules

THERE WILL BE REFEREES ON THE COURT. COACHES WILL COACH, REFEREES WILL OFFICIATE, PLAYERS WILL PLAY, AND FANS WILL CHEER. DO NOT CONFUSE YOUR ROLE.

- There will be one scheduled practice per week.
- There must be **two** adults present at all practices.
- Basketball goals will be set at 10 feet.
- 28.5 size Basketball will be used.
- Score keeping
 - We will keep score, player fouls, team fouls, timeouts in the scorebook.
 - Each team will provide one volunteer for either the scorebook or the clock.
- Timekeeping
 - Games will consist of four 9-minute quarters.
 - **Running clock except for timeouts and last minute of the game.**
 - Clock runs during the shooting of foul shots, unless a timeout has been called, then the clock will start once the ball is in play.
 - Clock will stop for injuries or if the referee calls an official timeout.
 - We will play a regulation clock the last minute of the game.
 - One minute between quarters and 2 minutes for half time
 - Two timeouts per game (one minute each)
 - Overtime
 - There will be one, 1-minute overtime if the game is tied at end of regulation.
 - One, :30 timeout per team during an overtime period
 - Game will end in a tie if score remains tied after the overtime period
- A jump ball will start every game, with alternating possessions thereafter.
- Game may start with 4 players – less than that is a forfeit – but game can be played as a practice game (split players up to give each team enough to play)
- Equal playing time for all players on each team (per guidelines handed out at coach's mtg.)
 - Each coach is expected to provide a lineup /player substitution plan to the scorer's table before tipoff.
- There will be a tournament at the end of the season.
- An Assistant Coach or an adult must be on the bench at all times. Please keep your boys sitting on the bench when they are not in the game.

Defense Rules

- Man-to-Man defense is the only form of defense allowed. **NO ZONES.**
 - Help defense is allowed / encouraged, but no "ball chasing" – violation is ball out of bounds.
 - No double teaming outside of the 3-point line. Violation is ball out of bounds.
 - No triple teaming except in the lane. Violation is ball out of bounds.
- Full court pressing
 - **Pressing will be allowed** by both teams in the last 4 ½ minutes of the 4th quarter. If a team is ahead by 10 or more points, they will not be allowed to press. Press must be Man to Man (must guard man taking the ball out of bounds). No trapping. Violation is ball out of bounds.
 - At all other times, defensive team must retreat to the front court and pick up the offensive players at half court.
- 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.
- Remember, players will foul out at 5 personal fouls.

Offense Rules

- Standard basketball rules will be enforced, including
 - Traveling
 - Palming
 - Double dribbling,
 - 3 seconds in the lane
 - Over and back of the timeline
 - Stepping on/over the line on inbound plays
 - 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.

- **Referees will use some discretion, particularly early in the season – remember this is 4th grade recreational basketball!!!**
- Free Throws
 - We will shoot free throws for “in the act” of shooting fouls. After a shooting foul the team receives one point plus one free throw attempt. If the player makes the shot while being fouled, the team receives 2 points plus one free throw attempt.
 - We will shoot free throws on non-shooting fouls once a team has committed 10 team fouls in a half. The team receives one point plus one free throw attempt.
 - On non-shooting fouls before the 10th team foul, the ball is awarded out of bounds.
 - Rationale for only shooting one is to reduce the impact due to the running clock.
 - Rebounders may enter the lane on the release of the ball from the shooter.
 - Players are NOT allowed to cross the free throw line when attempting free throws.
- No offensive players may be positioned as an attempt to isolate specific players. Violation is the ball awarded to the other team.
- 3-point shots are counted as long as the line is marked (some schools do not have markings)

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 4th grade boy’s basketball, not major college or professional basketball. Large gaps in game scores should be controlled. Don’t embarrass another team...you could be in their shoes one game.
- 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.
- Snacks are not allowed in the facilities. If snacks are brought, they must be distributed outside of the schools.