

East Brunswick Fast Break Basketball Rule Book

3rd / 4th Grade Divisions



www.fastbreakbasketball.org



3rd and 4th Grade RULES

1.0 Fast Break Policies

- a) Players are NOT permitted to wear jewelry of any kind. This includes necklaces, bracelets, & earrings (including newly pierced earrings); Band-Aid or tape cannot be used to cover the jewelry.
- b) Basketball style sneakers must be worn.
- c) **MASKS ARE REQUIRED FOR ALL SPECTATORS AND VOLUNTEERS**
- d) **MASKS ARE REQUIRED FOR ALL PLAYERS ON THE SIDELINES**
- e) Your team shirt must be worn to all games - referees have the authority to not allow a child to play if they are not in the proper uniform shirt. During the regular season, players may wear a similar colored shirt and tape a number on their shirt.
- f) Only basketball shorts, sweatpants or other athletic apparel can be worn; blue jeans are NOT allowed.
- g) Fast Break players are only authorized to use the gym and bathrooms.
- h) No one is allowed in the classrooms for any reason, or to be found wandering the halls.
- i) Use of SAAC toys or consuming their snacks, are not permitted.
- j) Running around or playing outside the gym area is NOT permitted.
- k) Food or drinks are NOT permitted in the schools for any person or reason, especially any type of peanut product.
- l) School folding chairs must be put away after use. Personally-owned chairs are not allowed in the gym.
- m) Fast Break will not risk losing any school, and we have ensured the School Administration that we will discipline anyone and everyone that violates their rules. As Fast Break has done in the past, we will suspend and/or expel any player/family/coach from the program that does not adhere to these rules (no refunds will be given).
- n) **Games CANNOT be played if a Site Director is not present.**
- o) Only FBBA players of the current game are allowed to practice during halftime and before the games.





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Site Director

Instructions:

- a) A Site Director will be assigned for every game.
- b) Site Directors are responsible for maintaining decorum at the facility. He/she will be in charge of mediating any discussion of rules interpretation.
- c) They follow the rules in our contract with the Township and School Administration.
- d) They are in charge of ensuring the gym is returned to its original condition, and all garbage is removed after the games, with the help of the coaches from both teams.
- e) They will enforce, with the help of the coaches, the policy that **food or drink is NOT allowed in the schools (especially the gyms).**
- f) Besides using the basketball courts, no one is allowed to use anything that does not belong to FBBA.
- g) Parents must watch the siblings of the players or be reported to the Site Director.
- h) The Site Director must report the final score to the Webmaster within 48 hours of the completion of the game.
- i) The Site Director will write the referee(s)' and student volunteer names in the scorebook.

Scorer's Table:

- a) All players, coaches and especially parents (except those working the scorer's table) must keep away from the scorer's table / team sidelines while the game is in progress.
- b) Courts are marked; therefore players and coaches should not cross the line on the court, unless there is a stoppage of play.
- c) At a stoppage of play, a coach may approach the scorer's table to check the score or the number of personal or team fouls.
- d) The scorer's table should keep track of game score, individual player scoring, personal and team fouls.
- e) The scorer's table will also be responsible for keeping track of the official game clock.
- f) The game book at the scorer's table is the official game book. Any discrepancy must be discussed and agreed upon by the site director.



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We have created rules that we feel are age appropriate. The basic rule that you should remember is that the game should be preserved as long as the player is not blatantly violating the rule or using a rule violation to their advantage. Too many whistles and turnovers from rule violations runs the risk of impeding the learning process and takes the fun out of the basketball experience.

Before the game begins (Coaches Responsibility)

- Check to see you have all completed *medical release forms* in your possession
- Be aware of any pre-existing medical conditions, which might require your attention during the game (i.e., asthma, colds, etc.)
- Ensure the *Site Director* person's attendance, and that they understand their responsibilities
- Ensure no child is wearing any type of jewelry (necklace, bracelet, ring, watch, earrings, etc.)

Game Scorekeeping

- A parent or coach from **EACH** team must be positioned at the scorer's table. They will be responsible to keep track of the score, time, and player rotations
- It is the coaches responsibility to get a volunteer from their team

Player Rotations

- Each game, all players that attend will be assigned a number on the score sheet (1–10)
- FOR 3rd/4th GIRLS Division: Teams will play 4 vs. 4. Rotations will be based on rotations of 4 players on the court for each team.
- Designate a Coach to keep track of player substitutions, so that the game will flow smoothly, and all players get equal playing time
- If a player gets injured, he/she must be replaced by the next player in rotation order, who will then finish that rotation and continue to play his/her assigned rotation
- Any player arriving after the game has begun, will be assigned the last number in the rotation order, and will have to wait until his/her natural turn comes up
- It is each team's responsibility to follow both yours and the opposing teams rotations to monitor for violations. If you believe a violation has occurred, compare your scorebook to that of the one at the scorer's table. If that one shows you are correct, the problem must be immediately corrected and a warning given to the team in violation. If a second violation occurs during that game, **THE GAME WILL BE FORFEITED BY THE OFFENDING TEAM**



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Time

- There are **four – 10 minute quarters** in all games
- For all four quarters, every player will be rotated on an equal basis (5 minutes in/5 minutes out).
 - If 10 players, rotations will be split into 2 groups and substitutions will be as the groups as a whole.
 - If less than 10 players, each player is assigned the number in the order listed in the official scorebook. If 9 players, first rotation will be 1,2,3,4,5 then 6,7,8,9,1, then 2,3,4,5,6, etc.
- All games end at their posted time, regardless of any time left on the clock. NO EXCEPTIONS, NO OVERTIME

Time outs

- Each team will be awarded one, 30-second time-outs per half.
- If a team is out of time-outs and calls “time-out”, one point and possession of the ball will be awarded to the opposing team.
- Only a Coach can call a time-out. A time out can only be called while you have possession of the basketball or when a referee blows his whistle, thereby stopping the game.

Personal Fouls

- Personal fouls will be called on players. A player called for 4 personal fouls in a half will be removed for the remainder of that half. The next player in the rotation must enter the game. That player will also play their own next scheduled rotation. A player removed in the 1st half may play again in the 2nd half.
- If a referee thinks any child is being too aggressive, the referee can instruct the coach to sit out the offender for a period of time.

Possessions

- Flip a coin to determine who gets the first possession of the game. The other team gets possession for the 2nd half
- All other jump balls should be awarded on an alternating basis
- If needed, bring in substitutions during a stop in play, with the team in possession of the ball keeping possession of the ball

Foul Shots

- For the first foul committed in the act of shooting, the team that is fouled will be awarded 1 point and 1 foul shot will be taken.
- Each team is allowed *one opportunity per 5-minute playing segment*. We have time restrictions so don't waste the whole segment setting up for a foul shot
- For each additional foul called in the act of shooting, the team that that is fouled will be awarded 1 point and retain possession of the ball
- The clock will continue to run when foul shots are taken



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Defense

- It is up to the coaches to utilize their choice of defense
- Defense is only allowed to pick-up the offense after the offense crosses the center court line, not before
- At Central School, Backcourt violations will not apply at midcourt but will be extended back to the teams own free throw line.

While the game is in progress

- *No coaches are allowed on the court.* All coaching will be done from the sideline, and the referees will act solely as referees
- Keep the flow of the game moving, while maintaining clean defense and an awareness of all violations
- Continue to give instruction to players on and off the court
- Bench coaches should be giving instruction to those players not in the game, pointing out both the positive and the negative things that are happening on the court, as well as policing possible safety hazards (i.e. untied shoelaces)

Warnings

Give a **Warning** when a player...

- Drags his pivot foot
- Stands up with the ball after falling down
- Holds the ball for more than five-seconds
- Stands in the lane for more than three-seconds
- Steps on the out of bounds line
- Dribbles on the out of bounds line
 - *The second **Warning** is a turnover*

Turnovers

Call a **Turnover** when a player...

- ⚡ Commits an offensive foul
- ⚡ Runs with the ball
- ⚡ Double dribbles
- ⚡ Passes the ball out of bounds
- ⚡ Steps out of bounds
- ⚡ Switches his pivot foot
- ⚡ Dribbles out of bounds