



Boys & Girls Club
of Zionsville

3rd 4th Grade BASKETBALL RULES

These are the rules of the league that will be upheld during the season, so please read and understand, if you have any questions please contact me at the Club.

Playing Time:

Each player must play at least 8 minutes per game.
Each player should start at least one game.

Practices:

All practice schedules must be cleared with the Unit Director at the Boys and Girls Club. Practices should not last more than 1 hour.

General:

This is an instructional basketball league with focus being on teaching the game of basketball to all participants. Except as indicated below, official IHSAA rules will apply.

Coaches:

We use volunteer basketball coaches. Any coach or parent displaying unsportsmanlike conduct will be given a warning the first time, and a technical the second occurrence. If the problem persists, the coach or parent will be asked to leave the facility. A coach receiving one technical will not be allowed to coach the team the remainder of the game. Any coach found displaying unsportsmanlike conduct will not be allowed to coach, following the season and in the future at the Boys and Girls Club.

Quarters:

4 quarters of 8 minutes in length. Clock will only stop for timeouts and injuries, as well as on every dead ball during the last 1 minute of the first half and the last minute of the game.
2 minutes between quarters and 4 minutes between halves.
Overtime will be 2 minutes, 1 minute and sudden death.

Timeouts:

2 per half (one minute each)
1 for overtime. (one minute)
Timeouts do not carryover.

Rules:

Bonus free throws go into effect on the 7th team foul of each half. Two shot fouls on the 10th team foul per half. Two shot fouls for deliberate fouls at any point in the game.

Lane violations will be 5 seconds.

Ten second rule applies.

Free throw line will be 12 ft.

Basket height will be 10 ft.

Basketball size will be a women's size 28.5"

Each player is allowed 5 personal fouls.

All players are limited to a total of 20 points per game.

Free substitutions in the 4th quarter and overtime only.

Defenses:

No zone defense of any kind will be allowed. Switching player to player will be allowed. Double-teaming will be allowed only in the paint area.

Each player must actively guard his opposing player.

No pressing.

The offensive team, after losing possession, must retreat to the center line before picking up her player on defense.

There will be no games/practices on days when school has been cancelled. If school is closed on Friday, call the Club for an update of the schedule or check the Channel 6 News closing report.

TEACH THE FUNDAMENTALS AND HAVE FUN!!!