

# Medina Youth Basketball Rules & Guidelines 2019(3<sup>rd</sup>-4<sup>th</sup> Grade)

## GAME RULES

### 1. Playing Time

3-4<sup>th</sup> The game clock will consist of 8 segments, each 4 minutes in length.

\*The clock will run at all times except for in the last minute of the game. During the last minute, the clock will stop for all violations, fouls, foul shots, jump balls, ball out-of-bounds, etc. The clock will not stop after a basket has been made or if a team is ahead by more than 10 points.

\*3<sup>rd</sup>-4<sup>th</sup> Grade: Each team will receive one (1) time out per half or (4 segments), each consisting of 30 seconds in length.

\*3<sup>rd</sup>-4<sup>th</sup> the game clock will stop at the end of each 4 minute segment. There will be a 30 second limit to substitute any players. It will be at the referee's discretion to charge a team with a time out if they take a large amount of time, over the 30 second limit.

\*3<sup>rd</sup>-4<sup>th</sup> each player must play at least four segments in each game. The intent is that all players play an equal amount of time. This will be kept record of on the team score sheets, and monitored by scorekeeper, referee, and commissioner.

\*Overtime: There will be no overtime for 3<sup>rd</sup>-4<sup>th</sup> grade games. We encourage coaches to allow games to end in a tie, as it is a recreational activity and it's okay to support an "everyone wins" mindset.

### 3. Forfeits

\*There will be no forfeits regardless of the number of players. Games MAY be played with an unequal number of players; however, there is not to be more than a 1 player differential. For example, there could be a 4 on 5 game or a 3 on 4 game, but there will not be a 3 on 5 game permitted. The team with 5 must play down to 4 to begin the game.

\*Players arriving late may be subbed in only at the start of a new segment.

\*A team playing with a 1 person differential (having the majority on the court) and is ahead by 20 points or more, has the opportunity to play down.

\*This decision will be made only by the coach's discretion and is not mandatory.

\*A team can ask to borrow players from opponent; however opposing coach has the right to refuse such a request.

If no players arrive throughout first half, game will be reduced to 6 segments of play, with a shortened halftime, this decision is up to scorekeepers, and commissioners.

## GENERAL LEAGUE PLAY RULES

1. Defense: 3<sup>rd</sup>-4<sup>th</sup> Man to Man defense must be used at all times. Wristbands may be used to help players stay with their player. No double-teaming is allowed anywhere on the court. Giving help on defense is permitted. This will be a judgment call on the referee.

2. Pressing & Backcourt Defense: *Grades 3- 4:* Pressing is allowed in the last two minutes of the game, but will not be allowed if a team is up by 15 points or more at that time.

3. Lane Violations will be called. *Grades 3-4:* Five seconds will be allowed in the lane; however, referees will always use the terminology "3 Seconds in the Lane". This is stated this way to get the children used to hearing it & adjusting to it before moving up to higher grades.

5. All grades are permitted to run set offensive plays.

6. Free Throw Line: *Grades 3all & 4girls:* 13'6". *Grades 4 boys:* Free throw line will be at regulation, 15', however, we will allow "jump crossing" during release. **\*\*Coaches:** Please practice with kids how to line up for free throws. Running clock does not stop for free throws.

7. Fouls will be called on all grade levels. A player receiving 5 fouls will be removed from the game. Referees will use the foul as a teaching opportunity and explain to the children the infringement. Minimal free throw calls will be used in the younger grades, ball will be taken out of bounds to help continue the progress of the game.

8. Grades 3-4 will play 5 on 5 Full Court.

9. Traveling will be called in all age groups; however more leniency will be given to 3<sup>rd</sup> grade program.

10. Referee's make all decisions, please understand that the goal of this program is for the children to learn and have fun, please allow the coaching from the referee's, and have patience with them as they are learning as well.

11. **Rim Heights for Games:** 3<sup>rd</sup>-4<sup>th</sup> *Girls 9FT (will consider 10 as season progresses.) Grades 3<sup>rd</sup> boys-up: 10 Feet*

12. Ball size used for all grades 3<sup>rd</sup>-4<sup>th</sup> Boys and girls is 28.5.

13. **Substitutions:** 3<sup>rd</sup>-4<sup>th</sup> *Grade:* There are to be no substitutions during individual segments. Exceptions will only be made for injury or asthma attacks during a period. All other substitutions are to be made at between 4 minute intervals. Each coach will be provided a template that is recommended to keep play even among players. Failure to abide by these rules will result in strict consequences.

14. Any player injured during practice or a game should be treated to the best of one's ability. If serious, please notify MCRC staff immediately to contact 911. Please notify Commissioners ASAP so injuries can be properly documented. First Aid equipment can be replenished at any time throughout season, and will be available at MCRC during practice and games.

## GENERAL LEAGUE RULES

1. No jewelry, rubber bracelets or loose shoelaces will be permitted. Post earrings may be covered with athletic tape. Players are encouraged to keep their fingernails trimmed short.
2. No foul language or abusive language will be permitted at anytime by players, coaches, or spectators.
3. Unsportsmanlike conduct will not be tolerated. No fighting will be permitted. Violation of this rule will result in dismissal from the game for both players and spectators. Commissioners will determine length of suspension, if any, from future practices, games or season. There will be no refunds awarded to individuals suspended due to unsportsmanlike conduct.
4. Players and coaches are not permitted anywhere else in the building other than the gym at anytime, unless an emergency, with the exception of the café, or if player or coach is a member of the facility. Bathrooms are available in the Field House.
5. In every attempt to maintain a safe playing atmosphere, we ask that players and parents change their footwear upon entering the facility. Bringing snow/water into the facility from footwear typically results in slick floors on or near the court. Please arrive a few minutes prior to game time to ensure enough time to change footwear before the start of warm-ups.
6. Facility does not open more than 10 minutes before scheduled court time. There are no exceptions to this rule. Please notify parents to stay in their cars to avoid the cold, and that doors will not be opened early. If your player's families are Rec Center members, the facility does not open before 8am, and will not allow them to enter early. Please remind all parents of the proper times before the season begins.
7. **Water is the only liquid permitted into the gym by anyone. Water must remain in a resealable water bottle at all times. All spills must be reported to the officials immediately. No Gatorade, it stains the gym floor. It is recommended that each team have an extra towel at games to wipe up small water spills, as delays may occur if custodians need to be notified.**
8. The Commissioners have final interpretation of all rules, and are subject to changes or modifications at any time. Our staff will not review video tapes via parents or coaches challenging rules during games.
9. Please follow all other Recreation Center facility rules when in the building.
10. \*\*\*All players and spectators must enter through the Medina High School. Please park in the appropriate area, and do not come in through the MCRC front doors. \*\*\* The only exception will be to those handicapped, elderly or other special needs spectators that may enter through the front.

Coaches are responsible for their team players at all times and are to see that their players leave the building with a parent. Habitual late pick-ups (more than 15 minutes) will be addressed by the Commissioners, please notify ASAP so problem can be resolved.

### **NOTE FOR ALL PRACTICES AND GAMES: THE REC CENTER HAS A FIRM ID POLICY IN PLACE FOR ALL PARTICIPANTS AND SPECTATORS. PLEASE REVIEW THE FOLLOWING WITH YOUR TEAMS:**

#### **All Non-Members aged 16 and Up Are Required to Show a Photo ID In Order To Enter the Facility**

- Daily passes will not be sold to persons who fail to present a photo ID
- Guests 12 years of age & younger must be accompanied by an adult providing proper photo ID
- Visitors & Spectators will be required to show a photo ID to enter the facility
- Non-Members attending classes must present a photo ID prior to each class
- A Non-Member ID may be purchased for \$2.00 by frequent class attendees or those who do not have an acceptable form of ID