



3rd – 6th Grade 2021 Basketball Rules

*(Updated 1/11/23)
(3rd/4th Boys in House)*

High School rules will govern play with the exception of the rules below:

1. Court & Equipment

- a. **Ball Size:** 3rd & 4th grade will use 27.5"/5th & 6th grade will use 28.5".
- b. **Basket Height:** 10'
- c. **Free Throw Line:** 12' (3rd&4th grade), 15' (5th&6th grade)
- d. **Jerseys:** All teams will wear their official team jersey, available through Berthoud Recreation Department. Shirts must be tucked into both the front and back of the player's shorts when possible. Players must wear shorts or sweats without pockets or zippers.
- a. **Jewelry:** Absolutely no earrings, facial jewelry, bracelets, necklaces, pins, watches, rings, or other exposed items that are judged to be hazardous or potentially dangerous by the game officials or supervisors cannot be worn during practice or games. Religious and medical alert medals are not considered jewelry. A religious medal must be worn under the uniform and taped to the body. A medical alert medal must be taped to the body and may be visible.
- b. **Footwear**
 - i. All players must wear athletic shoes
 - ii. The only types of shoes that may be worn on gym floor surfaces are to be 'soft-sole' rubber athletic shoes.

2. Rules of the Game

- a. **Game Time & Clock:** Games will consist of four (4) 10-minute quarters with a continuous running clock except for the last 2-minutes of the 4th quarter if the score is 10 points or less. At this time, the clock will stop on all dead balls. The clock will also stop on called timeouts, referee stoppage, or the scorekeeper may stop the clock due to an injury or any other situation that they feel warrants the time to stop.
 - i. Each team will receive two (2) 30-second timeouts per half. Timeouts do not carry over.
 - ii. Halftime will be three (3) minutes long but could be cut shorter if games are running behind. The officials and supervisors have the authority to shorten the time between halves if needed.
 - iii. Overtime will consist of one 2-minute period; the clock will stop on all dead balls.
 1. If the score is tied at the end of the overtime period, the game ends in a tie.
 2. Each team will receive 1 (30 second) time out in overtime.
 - iv. If a team is leading by more than 20 points, the score will be removed from the scoreboard and just the game clock will be shown.
- b. **Initial Start of the Game:** Jump ball at half court.
- c. **Game Score:**
 - i. Free Throw - 1 point
 - ii. Inside the 3-Point Arc - 2 points
 - iii. Behind the 3-Point Arc - 3 points
- d. **Playing Time & Substitutions**
 - i. All games will be 5 v 5, but a team must have a minimum of four (4) players registered in the scorebook to start a game. If they have less than four (4), the team can borrow a player from the team they are playing against in order to play the game. If a team is unable to produce enough

players and the opposing team cannot supply another player, the game will be a forfeit. Every player on the roster **must** play at least half of the game.

- ii. All players must check-in at the scorer's table before entering the game, regardless of the quarter. The referee will wave all substitutions in before resuming play.

e. Defense:

- i. Teams are only permitted to play man to man defense.
- ii. They cannot pick-up a man on defense until across half court at the volleyball line extended.
- iii. No Double Teaming allowed except if the ball is inside the paint. Players are allowed to play help defense, but the help defense must occur in the paint. Trapping is not allowed at any time.
- iv. Stealing is allowed.
- v. Shot Blocking is allowed

f. Offense:

- i. Any type of offense is allowed; and we encourage having all players involved in the offense throughout the game.

g. Fouls & Violations:

- i. If a foul is made while the participant is shooting, the shooting foul will be handled in the following way:
 - 1. AND 1 - Count the basket, and one free throw is awarded. A missed free throw becomes a live ball.
 - 2. FOUL BONUS – 1-n-1- If the shooter makes the first free throw, another attempt is awarded. If a shooter misses the first free throw, it's a live ball and either team can grab the rebound. The situation is the same for the second free throw.
 - 3. During free throws, players can line the key in alternating order based on the team shooting the free throw. Once all spots around the key are full, the remaining players must line up at the half-court line.
- ii. All players will be disqualified upon receiving their 5th foul.
- iii. On the 7th team foul of the half – Enter the Foul Bonus (1-And-1 Free Throws)
- iv. On the 10th team foul of the half – Two free throw shots will be awarded.
- v. Technical Fouls: other team awarded one free throw shot and possession of the ball; but there are some exceptions:
 - 1. Two free throws will be awarded along with possession afterwards in these instances:
 - a. For Unsportsmanlike Acts by players or coaches
 - b. Flagrant Fouls committed by players

h. Misconduct:

- i. Ejected Player- A player may be ejected for an unsportsmanlike act toward anyone or by committing a flagrant foul against another player. The penalty shall be disqualification + 1 game suspension in the next game.
- ii. Ejected Coach - A coach may be ejected for any un-sportsmanlike act toward anyone or by receiving two technical fouls. After the first Technical foul, the coach will be asked to sit down for the rest of the game. If a second Technical foul occurs, the coach will be asked to leave the facility and will be disqualified and suspended for the next game.