

3rd – 4th Grades Hoops Rules

Skills Emphasize:

- Dribbling (right-handed; left-handed; cross-over)
- Ball Handling
- Pivoting
- Set Shot & Lay-Up
- Defensive Position
- Zone and Man-to-Man Defense
- Rebounding
- Proper Passing
- Teamwork
- Good Sportsmanship (example: cheer for your team; not against the other team, accepting on-court calls)

Hoop Height	<ul style="list-style-type: none"> • 9 feet
Ball Size	<ul style="list-style-type: none"> • CB6/Youth
Court Size	<ul style="list-style-type: none"> • Full court
Length of Game	<ul style="list-style-type: none"> • (4) – 10 minute periods with running clock. • 5 minute halftime. • 2 minutes between periods. • Basket assignment changes at the half. • NOTE: During the last 1 minute of the game, the clock will be stopped for all fouls. All fouls will be treated as shooting files with 2 free throws being attempted by the player who was fouled.
Score	<ul style="list-style-type: none"> • Score is kept. • The score should never show one team winning by more than 10 points.
No. of Players on the Court	<ul style="list-style-type: none"> • 5 vs. 5
Referees	<ul style="list-style-type: none"> • Two volunteer referees will be provided. If there are no volunteers to referee a specific game, each coach should solicit and identify a volunteer for the game.
No. of Coaches on the Court	<ul style="list-style-type: none"> • For the first four games, one coach from each team may coach from the floor. With the fifth game, the coaches should coach from the bench. The coach on the

	<p>floor should not use the floor position to disagree with the referees.</p>
No. of Coaches on the Bench	<ul style="list-style-type: none"> • 1 – 2 coaches • Provide play guidance. • Keep order on the bench. • Monitor players’ game time for equity. • Handle player substitutions.
Game Participation/Playing Time	<ul style="list-style-type: none"> • All children should have equal playing time. • Strong and weak players should be mixed. • Starting teams should be tracked and should be rotated. • Children should have an opportunity to play all positions. • All children should get a chance to bring the ball up the court for offense each game. • Passing and teamwork should be encouraged, and coaches should ensure that each child has passes thrown their way. • Coaches should correct any “ball hogging”. • Coaches should correct if boys don’t pass to girls or if a player passes to the same person.
Start of Game	<ul style="list-style-type: none"> • Jump ball in center of court. • For other quarter starts, alternate possession of the ball.
Completion of Game (Last 1 Minute)	<ul style="list-style-type: none"> • During the last 1 minute of the game, the clock will be stopped for all fouls. All fouls will be treated as shooting fouls with 2 free throws being attempted by the player who was fouled.
Offense	<ul style="list-style-type: none"> • The team on offense will bring the ball down the court unchallenged until they reach half court. • Perimeter passing and down low bounce passes should be encouraged. • “Fast breaks” are allowed. Once a player gains control of the ball from a rebound or stolen pass, they should pass it out to another player (one pass is required).

	<ul style="list-style-type: none"> • On a fast break, the defensive team may steal the dribble.
Defense	<ul style="list-style-type: none"> • Type – With the beginning of the season, zone defense will be played. Beginning with the third week, zone or man-to-man may be played. • There will be no full court press. The defense can pick up the offensive players after half court or the top of the key. • If there is a fast break, the defensive team can pick up the opponent anywhere on the floor. • Coaches and referees should ensure that there are no flagrant mismatches. • Over-the-top or around-the-body arms on defense should be discouraged. • Stealing the Ball – The defense can only steal the ball during the dribble inside the three-point line. The exception to this is that they can steal the dribble during a fast break. The defense can steal a pass after the ball crosses half court. • Once the ball is shot, all defensive players should try for the rebound. • Once a defensive player gains control of the ball from a rebound or stolen pass, they should pass it out to another player (one pass is required).
Violations	<ul style="list-style-type: none"> • Double-Dribbling, Traveling, and Fouls – For the first two games, play should not be stopped for minor violations. The on-court referee should comment as it occurs to instruct all players about the violation. For gross violations, play should be stopped, and the referee should explain the violation. Possession will be transferred. With the third game, play should be stopped for each violation, and the violation should be explained. Possession of the ball will be transferred at mid-court. • Foul Shots – Foul shots will be taken for shooting fouls.

	<ul style="list-style-type: none"> • There is no tracking of individual fouls. • If a child continues to commit flagrant fouls, the referee will instruct the child or have the coach remove the child from play. The coach will instruct the child on rules concerning fouling. • A “five second” violation will be called, and the possession of the ball will transfer.
Out-of-Bounds	<ul style="list-style-type: none"> • Possession will transfer from the team which last touched the ball or stepped out of bounds to the opposing team. • The team gaining possession will throw in the ball where the ball went out of bounds.
Jump Balls	<ul style="list-style-type: none"> • There will be no jump balls after the start of the game. • Possession of the ball should alternate with each jump ball situation.
Player Substitution	<ul style="list-style-type: none"> • Players may be substituted during a stop in play. However, please note that the clock will not be stopped
End of Game	<ul style="list-style-type: none"> • Players and coaches must line up after the game for a handshake.