

# 3<sup>rd</sup> & 4<sup>th</sup> GIRLS & BOYS BASKETBALL RULES

Lewiston Recreation will be hosting a 3<sup>rd</sup> & 4<sup>th</sup> grade league  
with Sabattus/Oak Hill Youth Basketball.

**Sportsmanship is a must from players, coaches, and fans.**

**The officials in this league are not board certified. These people work hard every day with the children in our programs. They work hard to maintain consistency, fairness, and good sportsmanship. We ask that the coaches and parents respect the calls of the officials during play, refraining from any negative comments.**

- **Game Time:** Four 10-minute, running time quarters.
  - Clock will stop for players to line up for foul shots and start again once shooter has the ball.
  - Clock will stop during time outs.
  - Clock will stop for substitution rotations.
- **Substitutions:**
  - At the 5-minute mark of each quarter we will stop the clock for substitutions. Coaches should have rotations ready to go.
  - Clock will stop during substitutions to allow match ups: This isn't a time out to coach, please match up and start play.
  - Equal playing time amongst players is the goal.
- **Half Time:** 5 Minute
- **Time Outs:** Two 60-second time outs & three 30-second time outs.
- **Basket Height:** 9 feet
- **Ball Size:** 28.5
- **Game Details**
  - No 3-point line will be used in 3<sup>rd</sup> – 4<sup>th</sup> grade League. Encourage high percentage shots. If a player does take a 3, count it if it goes but remind them to work on getting to the basket.
  - No zone defense.
  - Teams can press in the second half only in the last 2 minutes of the game, presses must be all player to player.
  - No pressing once a team leads by 15 or more.
  - No double teaming outside 3-point line, players may step help and recover.
  - Foul shots will be taken on all shooting fouls.
  - Foul shots taken from 1 step below foul line, no violation for crossing the foul line.
  - Shooter must wait for the ball to hit the rim before they can go attempt to get rebound.
  - We will not track team fouls.
  - Player fouls will be kept, & players will foul out on the 5<sup>th</sup> foul.