

3rd/4th Grade Game Rules - Standard Level

- We attempt to play 45 minutes, with breaks as needed. We play 5 on 5 most of the time. However, if both teams have fewer than 9 members present, it is best to play 4 on 4.
- 9 foot hoops will be used to promote good shooting form. Coaches will be encouraged to stress proper shooting form and ball handling skills taught during the camp.
- Each coach should designate a “passer” for inbounding, and a “dribbler” to advance the ball up court. Different players can assume these roles during each game to keep everyone involved.
- We do keep score at the 3rd/4th grade level. But, we will work to keep competition appropriate, with several levels of play within the league. Sudden death will solve ties. Any point will decide the game, including a free throw. The coaches can agree to end the game in a tie.
- The basic rules of basketball apply to 3rd/4th grade games such as traveling, double dribble, etc. The referee will stop play and coach the players. After several attempts to change the behavior, he will call a turnover of possession. As the season moves forward, the referee’s should make their calls “tighter” to the rules, with less “coaching”.
- No “stealing” is allowed. Players can intercept passes and recover lost dribbles, but they can’t take a ball from a player. If we allowed stealing, the stronger, more aggressive players would dominate weaker players.
- Referees will encourage players to put their hands straight up on defense when a player picks up their dribble. They will discourage “hovering” or “reaching” to take the ball.
- If a player is dribbling or holding the ball continuously, interrupting play, the referee will count out loud to three, giving the player notice to either pass the ball or shoot the ball.
- No presses. Players must be taught to get back on defense. We ask them to retreat below the red volleyball line to pick up the player they are defending. Double teaming will be discouraged.
- One free throw shot will be allowed on shooting fouls from a closer spot on the floor, if needed. This can be about two steps forward from the free throw line. To keep play moving, two points will be awarded for one made free throw.
- Screens are great. Players must be taught the difference between a good screen and a moving screen.

We have an advanced level of play for 4th grade. Play is on 10’ hoops with regular high school rules.

Individuals and teams can choose to “play up”. Most players should choose the standard level of play.