



FOURTH (4th) GRADE and/or TEN YEAR OLDS 2020-2021

01. PRAY before each game!
02. Every Player gets SIX (6) minutes monitored by there Coach. (We ENCOURAGE equal playing time)
03. Goals are set at 10 feet in height.
04. Women's 28.5 basketballs will be used.
05. Five (5) minutes for warm up only! Games will start when each team has at least five (5) players present. Officials will call a forfeit at Tip-Off if a team doesn't have enough players. Teams will then be created with the players who are present from both teams, and a scrimmage will be played.
06. Playing time shall consist of four (4) quarters of six (6) minutes stop time. There will be a 5-minute rest period at half time. The Officials will have the authority to shorten the length of a quarter in order to stay within the 1-hour time block scheduled during regular season. **NOT DURING TOURNAMENT PLAY!**
07. Clock will stop anytime that the whistle is blown. (All time-outs, whistles, out of bounds, fouls, any undue delay the official deems necessary, etc.). Each team will be allowed two (2) time outs per half of one (1) minute in length.
08. Home team keeps the official book and sits at the clock/scorer's table.
09. Proper substitution throughout the game checking in with the Time Keeper.
10. Only the Head Coach is allowed to stand in coach's box during the game!
11. There is a 3 second lane violation for any offensive player in the lane longer than 3 seconds.
12. On fouls during the act of shooting players will receive 2 shots. On non-shooting fouls ball side out and one and one will be awarded on the 7th team foul and two free throws will be awarded on the tenth team foul per half. Players can enter the lane once the ball leaves the shooters hands.
13. All types of defenses can be used (man to man, 1-2-2, 2-1-2, 1-3-1) However, the Defense must stay behind the half court at all times. Offense has 15 seconds to get the ball cross half court!
NOTE: (Coaches are encouraged **NOT** to trap in the front court only!)
14. Once the defense rebounds the ball offensive players must immediately hustle down and get back on defense. Offensive players that try to defend the rebounder in order for his or her teammates to get back on defense will be warned! On the 3rd warning from the referee a technical foul will be called. **Note:** Technical foul is 2 free throws and ball back.
15. During fast break defensive players can not try to stop the break until after the ball crosses half court. (Unless rule # 16 applies)
16. Pressing is allowed **ONLY** in the **LAST QUARTER OF EACH HALF** unless you have a **10-point** lead!!
17. If a team falls fifteen (15) points behind then the other team defense must be behind the 3-point line!
IF IT GETS OUT OF CONTROL PACK IT IN!
18. Overtime are Two (2) minute periods with One (1) time-out per team will be allowed for each overtime period.
19. Unless listed High School rules apply!
20. When in doubt give the other team the benefit of doubt and go on!