

# LOWER CAPE RECREATIONAL BASKETBALL LEAGUE

## GRADES 3rd & 4th

\*\*\*VERY IMPORTANT\*\*\*

Before each game, Referee's and both Team Coaches MUST go over ALL Game Rules so everyone is on the same page!!!!

**GAME LENGTH:** 2 /16 minute halves running time

**THREE POINT BASKETS:** - NONE

**OVER TIME:** NONE

**JUMP BALL:** only at the start of the game then alternate possession

**BALL SIZE:** Junior Size

**BASKET HEIGHT AND COURT SIZE:** will vary from town to town

**BASKET HEIGHT:** Ideally 3/4th grade 9ft high

(Basketball Heights can only be adjusted at few court sites)

**COURT SIZE:** Ideally full size elementary or cross court on full size court

**LANE VIOLATIONS:** 5 seconds

**NUMBER OF PLAYERS:** Each team will play with (5) players, unless special circumstances. Both coaches must agree to play with less than (5) players.

**DEFENSIVE RULES:** double teaming in the lane only for grades 3 – 4

NO ZONE OR PRESSING

Half - Court Defense

Must allow offensive player to get both feet and the ball over the half court line or ball goes back to offensive team.

**FOULS:** 5 per player (flexible)

**FOUL SHOTS:** Shooting Fouls Technical

**FOUL LINE:** 2 steps in front of line

**TIME OUTS:** 2 per half (cannot carry unused time outs into next half)

\*Subs will not be charged a time out\*

**BACKCOURT:** half court line

**SUBSTITUTIONS:** Every 4 minutes subs will be called. Depending on how many players per team, Substitutions times may vary.

**PARTICIPATION:** Coaches are held responsible to give all players approximately the same amount of playing time, determined by your number of players. No players should be favored for playing, or sitting, the entire or majority of the game.

**OFFICIAL SCORE:** Do not keep score

**Game Cancellation:** At or prior to 3:00pm, the home teams Recreation Director, or designee, will contact the opposing teams Director to notify them of the cancellation.

**\*\*\* PLEASE DO NOT ARRIVE AT GYM MORE THAN 5 MINUTES PRIOR TO THE START OF GAME TIME**

**NO FOOD – DRINKS- BAKSETBALLS-UNSUPERVISED CHILDREN AND PETS**

**PLEASE REMOVE WATER BOTTLES/TRASH**

**GOOD SPORTSMANSHIP \*\*\* DON'T CRITIZE THE OFFICALS\*\*\* NO COMPLAINING\*\*\*  
RESPECT ALL PLAYERS, COACHES AND OFFICALS\*\*\*\* HAVE FUN – PLAY HARD**