

**LOWER CAPE RECREATIONAL LEAGUE
YOUTH BASKETBALL RULES
GRADES 3|4 - MINORS**

PRIOR TO ARRIVAL AT GAME:

Parents / Coaches:

- Do not arrive more than 15 minutes prior to your game time
- No jewelry may be worn during game (including earrings)
- No food or drinks allowed in the gyms
- No pets allowed in the gyms
- No unsupervised children allowed at the games
- Promote good sportsmanship
- Criticizing officials is prohibited
- Respect all players, coaches, and officials
- Bouncing of balls, other than on basketball court, is prohibited
- All teams should have a 1st Aid Kit at all games (including away games)

PRE-GAME:

- Coaches and Referees meet to review all game rules. Referees answer any questions. Referees / Recreation Department Supervisors have final word on any disputes of the rules.

RULES

JEWELRY: No jewelry may be worn. Taping earrings is not acceptable

GAME TIMES:

- **(2) 16 minute halves - running time**
- Half time length: Supervisors discretion (generally 5-10 mins)
- **No pressing**
- Overtime: none
- **Timeouts:**
 - 2 per half; cannot carry over unused time outs into next half
 - Subs will not be charged a time-out

3 POINTERS: Not allowed

JUMP BALLS: Only at the start of the game then alternate possession

BALL SIZE: Junior 27.5"

BASKET HOOP HEIGHT: Ideally 9' high

COURT SIZE: Full court elementary size. 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 team inside in the lane

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**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

FOUL SHOTS:

Shooting fouls, technical

FOUL LINE:

2 steps in front of free throw line

BACKCOURT:

Half-court line - (Players have **10 seconds** to get over half court)

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:

No score recorded

GAME CANCELLATION: At or prior to 3:00 pm, the home team's Recreation Director, or designee, will contact the opposing team's Director to notify them of the cancellation.

POST GAME:

- Line up teams for hand shake to opposing team and have players thank officials
- Properly dispose of all trash
- Collect all gear and vacate gym as soon as possible to allow for any activities after the game

ALL ITEMS IN RED ARE DIFFERENT BETWEEN THE 3/4 AND 5/6 RULES.