

3rd/4th Basketball Rules

We will follow the National Federation High school rules except for the following:

A size Intermediate (28.5) will be used for all games.

Game Length:

- A 5-minute warm-up will be given to each team.
- There will be (4) 8 minute quarters with a running clock. The clock only stops the last two minutes of the 4th quarter and at time-outs.
- There will be a 3-minute half time break and a 1-minute break between quarters.
- If the game is tied at the end of regulation, we will play one (2) minute overtime period. If the score remains tied, we will play another (2) minute overtime period, but the first team to score will win. If the score remains tied after that, the game will end in a tie. **Time-outs:**

- Each coach will receive (3) full time-outs per game, **Fouls and Free-Throws:**

- Players will foul out on their 5th personal foul. If it is determined by the referee that a player is fouling excessively or at risk of harming other players, he may ask a coach to sub that player out.
- On the 7th team foul, we will enter (1 +1) free throws and on the 10th team foul, we will enter (2) free throws.
- An intentional foul is (2) free throws and the ball.
- Players can shoot free throws from 13

feet. **Defense:**

- Teams may not press in the first half.
 - If both coaches meet and agree, pressing may occur in the 2nd half in the last (2) minutes of the 4th quarter and during overtime periods.
- Teams cannot play a zone defense. Every player must be guarding a man. This does NOT mean that players cannot play in a help side position.
- Players are allowed to switch on an offensive pick or screen.
- When an offensive player has beaten their defender, another defensive player may help to stop a fast break or a drive.
- Players can steal passes, as well as when the ball is being held or dribbled.
- There are no intentional double teams in the forms of traps or design

allowed. **Mercy Rule:**

- If a team is up by 15 points, they must play defense inside the 3-point line.

- No Full Court Pressure in final 2 minutes IF lead is 15 or more.
- If a team is up by 20 points, they may not steal the ball off the dribble or if the ball is being held.

For all other rules (traveling, double dribbling, back court, 3 seconds in the lane, etc) we will follow the National Federation High School rules.

Last
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