



4v4 RULES

GRADES: K- 2ND | GOAL HEIGHT: 8 FEET | BALL SIZE: JUNIOR (27.5 size basketball)

1. A game consists of two 16-minute halves with a continuous running clock stopping on the referee's whistle for injuries, time-outs, and in the last minute of each half.
2. Overtime begins with a jump ball and will be sudden death--the 1st team that scores (free throw or field goal) wins. No extra timeouts will be awarded for overtime.
3. A team must start with 4 players. Game time is forfeit time.
4. Each team has 2 time-outs per half: one 1 minute and one 30 second. Unused timeouts do not carry over to the next half.
5. Half-time is two minutes long.
6. Only half-court man-to-man defenses are allowed. Therefore, there will be no back court guarding and no double teaming near half-court. The only time a double team can occur is in the free throw lane area. (Defensive players cannot "camp out" in the middle of the lane.)
7. Players will not foul out on their 5th foul, but the opponent will be given two shots on the 6th foul and beyond and be awarded possession of the ball. Opposing coach can choose their free throw shooter.
8. All players should have as close as possible to equal playing time.
9. The scoreboard will never show more than a 20-point differential.
10. The bonus one-and-one free throw will be shot on the 7th foul, and the double bonus will be shot on the 10th foul.
11. Free throws will be shot from 12 feet rather than 15 feet.
12. Teams may NOT press at any time during the game.
13. Coaches must remain in a "Coaching Box" which extends to both ends of each team's bench. Only the Head Coach can stand and coach during the game. Two assistants will be allowed on the bench, and he/she must remain seated during play. After one technical foul on a coach, that coach must stay seated.
14. The 10 second backcourt violation, 5 second violation, and the over & back violation (when it is really obvious) will be enforced.
15. Team listed first is the home team, will wear the light-colored jerseys, and will sit to the right of the score table (facing table from floor). Teams will warm up opposite their bench.
16. Both teams will bump fists respectfully after each game.
17. Please direct all other "rules related questions" to Coach Joshua Lester.
18. All other rules for this grade level will align with the NFHS Basketball Rules Book.