

3rd / 4th Grade Boys & Girls Total Fitness Basketball League Rules

High School rules apply except for the following

1. Games will consist of two (2), twenty (20) minute continuous halves. The clock will stop with two minutes remaining in the second half. Overtimes will be three minutes stopped clock. Should the game be tied after the first overtime period, a second overtime will be sudden death. The first point of any kind will end the game.
2. Games will be played as scheduled. Game time is forfeit time. If there is some sort of conflict and a team is unable to make the game time, you can call Total Fitness Rec Center (563) 875-2727 and see if it is possible to come late for a scheduled game.
3. A team must have five players to start a game and three players to finish. Once a team is down to two players regardless of score, the game is over and the team with two players loses.
4. Substitutes may enter only on a dead ball. They must report at the scorer's table.
5. Once the offensive team gains possession, the defensive team must retreat past half court. Violation of this rule will result in one warning, and then each additional violation will result in a technical foul. This also goes for violation of the pressing rule.
6. Every player must play a minimum of three (3) minutes per game.
7. **THERE WILL BE NO PRESSING ALLOWED!!** Once a team has possession, the other team must go past half court. Man to man defense will be used only. There is no double teaming. A player is allowed to help out a teammate defensively when a player is beaten going to the basket.
8. Each team will be allowed four (30 second) time outs per game to be used at the coach's discretion.
9. During an overtime game, one timeout will be added to the timeouts accumulated during the game.
10. Coaches are responsible for the conduct of each of the following: Coaches, Players and Spectators. If in the opinion of the officials the spectators, players and/or coaches are a deterrent to the boys/girls playing in the said game, the official has the right to stop the game and have the person or persons escorted from the Rec Center. Please remember, the league is for the kids! Any lack of sportsmanship (pushing, shoving hard fouls, trash talking or yelling at officials,) may be subject to ejection or suspension from the league. **SPORTSMANSHIP IS A MUST!**
11. Two free throws will be shot on the seventh foul of each half. The free throw line will be thirteen feet.
12. Technical fouls will not be shot. The teams will get two points and possession of the ball
13. **Teams will be responsible for supplying either a scorekeeper or someone to do the scorebook.** The first team on the schedule will be responsible for the scoreboard and the second team on the schedule will be responsible for the scorebook. We ask that you use good judgment in having the individual fulfill your responsibility. (Must be at least 16 years old).
14. The basketball used will be a woman's regulation size.
15. A player can only play for one team and only in one grade division for the basketball league.
16. Three second violation will be enforced.
17. Referees will help players with positioning on offense/defense, out of bounds plays and lining up for free throws.

If there is bad weather, a decision will be made by 11am regarding games. **Coaches should only contact the Total Fitness Rec Center (563) 875-2727** if you have any questions regarding games.