

Rules for North Hunterdon Basketball League, Grades 3-4

Updated 10-20-2009

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1. All coaches are to meet with the referee at the scorer's table prior to the start of every game to make sure everyone is clear about the amended rule above and to bring up any particular issues that may pertain to that game; i.e. some has a kid on the team with asthma and he or she can not play the required half game per player as per the rules, how to handle any player who needs to jump over the foul line to even reach the basket, or how strict they want traveling calls made, especially in the backcourt, etc., etc. This will be a good time for refs to make sure coaches understand the technical foul and bench rules. Home court Commissioner is encouraged to attend this discussion.

The purpose of this rule is to promote good sportsmanship. This session at the scorer's table is meant to be a very brief meeting and in no way should these discussions get so elaborate that they are delaying the start of a game.

2. The game will consist of four 8-minute quarters. At the **home court Commissioner's Discretion**, one or both quarters of the second half may be reduced in duration to accommodate time requirements.

3. The general rules of basketball will apply with consideration given to the age and skill level of the players.

4. Games will not start until there is a parent (not coach) either running or supervising the scorer's table and game clock.

5. If the game is tied at the end of regulation, **time permitting**, there will be a 4-minute overtime period. A tie will be awarded to each team if the score remains equal at the end of the overtime period. **Personal fouls from the 2nd half of play carry over into Overtime, therefore if a player gets his 3rd foul during overtime, he is out for the remainder of the overtime period.**

6. Player substitutions will be made near the 4-minute mark of each quarter. In order to keep the game moving, coaches should have their substitutions ready prior to the 4-minute mark of the quarter.

7. All players must play at least ½ game. **All players must sit for 4 minutes (unless a team has 5 players or less)**

8. No backcourt defense – the defense must allow the offense to get the ball across half court.

9. **Double-teaming is not allowed anywhere, except in the "paint".**

10. Personal Fouls will be kept. Players will be allowed 3 fouls per half. After the 3rd foul in the first half, that player must sit until the start of the second half. After the 3rd foul in the 2nd half, that player must sit for the remainder of the game, including an overtime period if there is one..

11. The 5-second rule in the “paint” is in effect.

12. Stoppage of the clock occurs with the following:

- all fouls
- all out of bound plays
- any injury

13. The offensive team is allowed 10 seconds to get ball over half court.

14. 5 seconds for inbound plays.

15. One 30-second time out per team will be allowed per half. Time-outs may be used at the coach’s discretion.

16. Tip off at start of game. Possession arrow will determine who inbounds the ball for the 2nd, 3rd, and 4th quarters.

17. Alternating possession arrow in effect.

18. A ***Mercy Rule*** will be enacted any time a team is winning by 20 points or more. The leading team will not be able to double team and is ***expected*** to slow the pace and intensity of the game. The purpose of this rule is to limit blowouts and to promote sportsmanship. Any Coach that, in the opinion of the Commissioners, does not adhere to this rule will receive a warning.

19. A 28.5 in ball will be used

20. **Ten** foot baskets will be used.

21. **Technical Fouls for Coach only:** 1st Technical Foul during a game – coach is warned and the other team gets possession. 2nd Technical during a game – Coach is out for the rest of the game the next game. The other team gets possession.

If a coach is ejected from second a game, they are done for the remainder of the season.

22. **Only 2 coaches** are allowed on the bench. Only 1 coach is allowed to be standing at any given time.