



# OMGBA GRADE 3 RULES (2025 – 2026)

Minnesota high school rules prevail except as follows:



There should be no water or liquids in the elementary school gyms, particularly on the sidelines. There will also be no gum or candy allowed for the players during the game. All players must wear white or gray undershirts, if any. All jewelry and hard hair accessories are prohibited on the court during the game (including any newly pierced jewelry).

1. Only four players per team will play at any one time.
2. 9 foot baskets and intermediate 27.5 size basketball will be used. If there is a 3 point line on the court, 3 point baskets will count.
3. Free throws will be shot from 12 feet. The players will be lined up with three players on each side of the key starting from the bottom spot. Shooter may not cross the line on the shot. Players can enter the lane on the release of the ball.
4. Games will consist of four 7-minute quarters (running time). The clock will not stop on shooting fouls.
5. The game starts with a jump ball. Alternating possession thereafter, including at the start of each quarter.
6. Each team will be allowed 2 timeouts per game, and halftime will be two minutes.
7. Person-to-person defense is required. Switching is allowed and encouraged. Zone defense is prohibited. NO PRESSING ALLOWED
8. Double, triple, etc., teaming is prohibited, except when the offensive player is in the three-second lane. The extra defender(s) cannot leave their offensive player for a double-team until the offensive ball handler enters the lane e.g. no sagging on defense to the extent that they can immediately double-team when the ball enters the lane, particularly if the player they are guarding is “2 passes away.” One warning per quarter per team will be given for any kind of illegal defense, including 6 above. Second infraction will result in one scored point and possession to the other team.
9. Half court (ten seconds) will be enforced, and over-and-back violation will be enforced. Three-second lane violations will not be called. Warnings will be given for being in the lane more than a reasonable time.
10. Technical fouls will result in awarding 3 points and ball out of bounds to the opposing team.
11. Players will foul out upon receiving their fifth foul. On the 9th team foul in a half, one and one will be in effect. No double bonus (two shot) fouls, except shooting fouls, no matter how many team fouls.
12. Playing time will be assigned by coaches on an equal basis and in accordance with the following rules:
  - a) Each player must play at least **two complete** quarters. Any player not starting the first **and** third quarters **must** start the second **and** fourth quarters. All players must start and play one **entire** quarter in each half. This means NO player should sit for two quarters in a row (i.e., the second and third).
  - b) **In no case may a player participate in his or her third quarter unless all other players have started or are starting their second quarter.**
  - c) Substitutions are permitted only in the fourth quarter. The right to make substitutions, however, is limited. The only players who can be removed from the game and replaced by a substitute player are those players who have, prior to the start of the fourth quarter, already played **two full and complete** quarters. In other words, if a player did not play the entire third quarter, he may not be replaced in the fourth quarter with a substitute player.
  - d) **No player can play in his or her fourth quarter until all other players have played three quarters.** Any substitute playing during a quarter counts as a quarter played for both the substitute and the player leaving, but only for purposes of determining whether any player played in more than 3 consecutive quarters.

The only exceptions to these rules will involve a player who requires disciplinary action (due to absence or sportsmanship), injury, or lack of enough players to fulfill this rule. In either case, a coach is required to report his intentions to the scorekeeper, referee and opposing coach before a game begins. All exceptions must be recorded on the score sheet provided by each team.

14. Coach, player or spectator intimidation of game officials and violation of game rules, will result in either a technical foul or a game forfeiture. The decision of game officials is final in all cases.
15. Any misconduct or abuse of facility, personnel, spectators, officials, players, and/or coaches will not be tolerated and may be grounds for immediate removal from the facility and being banned from facilities for the remainder of the basketball season.
16. There is no overtime for regular season games, even if the score is tied at the end of regulation.
17. For playoff games only. If a playoff game is tied at the end of regulation (including skills), there will be one three-minute overtime and, if the score remains tied, sudden death. Each overtime will start with a jump ball. There will be one timeout for each overtime. Timeouts not used during regulation cannot be carried into overtime. The equal playing time rule will be waived. **Clock will stop on the whistle during overtime.**



# OMGBA GRADE 3 SAMPLE ROTATIONS



8 Players

Qtr 1	Qtr 2	Qtr 3	Qtr4
X		X	
X		X	
X		X	
X		X	
	X		X
	X		X
	X		X
	X		X

8 Players

Qtr 1	Qtr 2	Qtr 3	Qtr4	Total
1		1		2
2		2		2
3		3		2
4		4		2
	5		5	2
	6		6	2
	7		7	2
	8		8	2

16

7 Players

Qtr 1	Qtr 2	Qtr 3	Qtr4
X	X		X
X		X	ZZ
X		X	ZZ
X		X	ZZ
	X	X	ZZ
	X		X
	X		X

7 Players

Qtr 1	Qtr 2	Qtr 3	Qtr 4		Total
			1/2	1/2	
1	1		1		3
2		2		2	2.5
3		3			2
4		4			2
	5	5	5		2.5
	6		6		2
	7		7		2

16

6 Players

Qtr 1	Qtr 2	Qtr 3	Qtr4
X	X		X
X	X		X
X		X	ZZ
X		X	ZZ
	X	X	ZZ
	X	X	ZZ

6 Players

Qtr 1	Qtr 2	Qtr 3	Qtr 4		Total
			1/2	1/2	
1	1		1		3
2	2		2		3
3		3		3	2.5
4		4		4	2.5
	5	5	5		2.5
	6	6	6		2.5

16

5 Players

Qtr 1	Qtr 2	Qtr 3	Qtr4
X	X	X	ZZ
X	X	X	ZZ
X	X		X
X		X	X
	X	X	X

5 Players

Qtr 1	Qtr 2	Qtr 3	Qtr 4		Total
			1/2	1/2	
1	1	1	1		3.5
2	2	2		2	3.5
3	3		3		3
4		4	4		3
	5	5	5		3

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**ZZ** Can start, be subbed in or out