

South Suburban Youth Basketball League
4th Grade Boys and 3/4 and 4th Girls Rules - 2023 Season

1. **BASKETS:** The baskets for this grade will be at regulation height 10 feet.
2. **BALLS:** The game ball will be 27.5 size (Size 5). Referee will use a game ball from one of the teams.
3. **SCORING:** Field goals are worth 2 points and free throws are worth 1 point. There are no 3 point baskets.
4. **PLAYERS:** 5 on 5 at all times. During the regular season, if a team has only 4 players, the teams will play 4 on 4 and count it as a regular game. In the tournament, if a team does not have enough players that team will forfeit. In the event of a forfeit the coaches may use the remaining time to scrimmage.
5. **FREE THROWS:** Will shoot from 12 Feet. One and one bonus free throws are awarded on the 7th team foul; double bonus (2 shots) on the 10th team foul. Players on the lane can enter on the shot release, while the shooter can't enter until the ball hits the rim. MSHSL rules apply.
6. **FOULS:** A player is disqualified after 5 fouls. If they get 3 fouls in the first half, you may sub out your player immediately so they don't pick up another foul.
7. **JUMP BALLS:** Alternating possession.
8. **GAME LENGTH: Games will begin at the top of the hour.** We play 2-20 minute running time halves. 3 minute Halftime. Clock will stop with 2 minutes remaining in each half, if the game difference is 10 points or less.
 - a. **OVERTIME:** OT is 2 minutes in length (**clock stops**) and if after the first overtime the score is still tied, sudden victory will be in place and the game ends with a made field goal or free throw only. No game will end in a tie.
9. **LANE VIOLATIONS:** Three-second lane violations will be called per MSHSL rules.
10. **TIME OUTS:** Each team is allowed two 1 minute timeouts per game. Timeouts may only be called by the team with possession of the ball or during a dead ball situation.
11. **PLAYER SUBSTITUTIONS:** Clock will stop for subs at 15:00, 10:00 and 5:00 of each half. Subs are done in groups and there are no individual subs unless an injury, or a player fouls out. No coaches will be on the floor during subs, no matching up of players after each rotation, players need to figure it out. Coaches will follow the substitution matrix making sure all players have equal playing time. *Coaches will show the matrix to the referees before each game.*
 - a. **PLAYING TIME ROTATION MATRIX:** 11 players-7 players play 4 segments and 4 players play 3, 10 players- each player plays 4 segments, 9 players-4 players play 5 segments and 5 players play 4 segments, 8 players-Each player plays 5 segments, 7 players -5 players play 6 segments and 2 players play 5 segments, 6 players- 4 players play 7 segments and 2 play 6 segments
12. **SCORER/TIMEKEEPER:** Home team is the first team listed on the schedule and they will provide a person to keep track of fouls and the visiting team will provide one person to run the clock and scoreboard.
13. **DEFENSE:**
 - a. Only MAN TO MAN defense is allowed. Defense may pick up their players at the 3-point line (or volleyball line if applicable) this allows the offense to set up their offense and begin without a slap/steal defensive game. However, once the offense clears the 3 point line, there is no longer a safe zone behind the 3 point line. Defense may then pick up all over the court at that point.
 - b. We encourage man to man to be taught using proper principles. This includes help side, , basket line, switching on screens, strong side vs weak side concepts.
 - c. No trapping, pressing or zone defense allowed.
 - d. It is important to understand a good man to man defense can look like a zone. Allow officials to determine if an opposing team is playing with zone principles.. Help side defense(weak side) defenders on the weak side are allowed to be in the paint/basket line. Coaches should understand the difference between a zone/double teaming or a 9/10 year old that is a little lost.

14. **OFFENSE:** No offensive stalling. You must be running an offense and making an attempt to score. If you are passing the ball around the outside of the 3 point line to kill time , you will get a warning from the referee. A second warning will result in a technical foul which will be automatic 2 points to the other team and possession of the ball to them. This will be called by the discretion of the referee.
15. **SCORE REPORTING:**The winning team of every game should report the score on the website. Scores need to be reported by Saturday evening at 6 pm.
16. **TOURNAMENT:** A tournament will be held Friday Feb. 24th and Saturday Feb. 25th
17. **COACHES EXPECTATIONS :** One head coach may stand in front of his/her bench, not in front of the scorers table. The assistant coach is the 'bench coach'. Their responsibility is coaching the kids when they come out of the game. They MAY NOT stand or make comments to the refs. IF the coaches are being negative and arguing with the refs, the ref will issue a warning to the head coach, after the 2nd warning a 'coach sit' rule will be in place. The head coach must sit for the remainder of the game.
18. **SPORTSMANSHIP:** This league emphasizes the honoring the game principles where we encourage all players, coaches and fans to respect all aspects of the sport. Remember that players play, coaches coach, refs ref and parent's cheer. **Players and coaches will wave to each team after the game.**
19. **GYM RULES AND SET-UP FOR GAMES:** Players will change into basketball shoes in the hallway, no wet shoes in the gyms. No running or dribbling in the hallways.

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