

**SNO KING YOUTH CLUB**  
**3<sup>rd</sup>-8<sup>th</sup> Grade Boys & Girls Basketball**  
**2008-09 Winter League**

**Rules & Regulations**

**“Everyone Gets to Play”**

**Rules for Grades 3<sup>rd</sup>-8<sup>th</sup>**

**No jewelry will be allowed, which includes; earrings, hair clips, necklaces, rings, watches.**

For grades 3<sup>rd</sup> – 8<sup>th</sup>, We no longer require sit rule!!! Each player must play one FULL UNINTERRUPTED QUARTER. The full quarter of play must take place in the first half of each basketball game. To insure that the mandatory quarter is done in the first half, we have instituted a no substitution rule for the first QUARTER of each game.

**Clarification:** One complete quarter is defined as playing one full, uninterrupted quarter. If a player is injured during the quarter and is unable to return for the remainder of the game, the player is considered qualified due to injury. However, if the player then returns to the game, he or she must play one full uninterrupted quarter in order to be qualified. Our gym captains are strictly enforcing this rule.

**Teams that do not have 5 players at game time, will have 5 minutes to field the fifth player on your roster, otherwise the game will result in a forfeit. Sno-King Referees are not required to referee a forfeited game.**

All players listed on the official roster must be listed in the score book at each game, even if they are not present. Players not arriving by game time should be listed as absent in the score-book. If a player arrives late, the coach may elect to play or not play that player. You must inform the official score keeper of your decision. If the coach does decide to play the child, all playing rules must be met.

Score books will be monitored during the games by the gym supervisor to verify that the playing rule requirements are being met. Scorebooks will be reviewed periodically by the Director as well.

**VIOLATION OF THE PLAYING RULE IS CAUSED FOR A GAME FORFEIT**

If a player fouls out of a game, he/she must leave the game regardless of whether he/she has completed the playing requirements. The coach may substitute any player he/she wishes for the fouled out player. The score keeper will note on the score book the amount of time remaining in the quarter at the time the substitution is made.

If an injured player who comes out of a game wishes to return to the game, they must get the approval of the referee as to fulfillment of the playing rule. Please remember the decision of the referee is final. All players involved must still meet the playing rule requirement (# of quarters played). The scorekeeper should note the time the substitution is made for a player.

**COACHES ARE ENCOURAGED TO PROVIDE EQUAL PLAYING TIME FOR ALL PLAYERS.**

## **Scoring**

All Baskets (except for 3-pt shots and free throws) are worth two points

Free throws are worth 1-pt.

Grades 4<sup>th</sup> – 8<sup>th</sup>: A shot successfully made outside the arch designated as  
The 3-pt area will be awarded 3 points.

When a player is fouled while in the act of shooting and the basket is not made, two free throws will be awarded to that player. If fouled in the act of shooting and the shot is successful, one free throw will be awarded.

If a player is fouled taking a three point shot and misses, three free throws will be awarded. If she/he was fouled taking a three and successfully makes the basket, one free throw will be awarded.

Teams “over the limit” in personal fouls will be given 1+1 free throws. “Over the Limit” will be 7 team fouls per half. **Double Bonus** will be 10 team fouls per half and will shoot 2 free throws. Offensive Foul and Technical Foul do not count towards team fouls.

**Technical Foul:** Teams will get an automatic 2 points and possession of the ball. Technical fouls will also be counted as a personal foul.

## **Alternating Possession Rule**

At the beginning of the first quarter only, there will be a jump ball. This will be the only jump ball in regulation play. During each quarter, teams will alternate possession on all jump balls according to the possession arrow on the score table. In addition, the possession arrow will indicate which team in-bounds the ball at the beginning of all subsequent periods following the 1<sup>st</sup>.

## **Length of the game**

Every attempt is made to begin and end games on time, however, delays do occur. Each facility we use is rented on a time schedule. If problems occur that could effect the length of the game, each coach will be notified prior to the start of the game or as soon as possible thereafter.

**Each quarter will be 8 minutes long.**

Running clock for the first 7 minutes, stopping only on time outs, injuries and free-throws (On free throws the clock will stop for positioning on the key and will start once the ball is handed to the shooter. If the player is shooting a 2 shot foul, the clock will be stopped until the ball is handed to the player on the second attempt.)

The clock will not stop on out of bound plays for the first 7 minutes of each quarter.

The last 1-minute of each quarter will stop and start as per High School Rules, at every whistle.

### **Overtime**

There will be a three-minute overtime period. The first 2 minutes will be running clock and the last minute will be stop clock. **Overtime will begin with a Jump Ball.**

### **Mercy Rule**

For Boys and Girls 6<sup>th</sup>-8<sup>th</sup> grades, if a team is up by 20 points or more going into the last minute of play in the fourth quarter, the clock will not stop the last minute, and continue to run out until the game is over.

### **Time Outs**

- Each team will get 2 time-outs per half. Time outs last 60 seconds
- There will be one minute between each quarter.
- A five-minute half time.
- One-time out per overtime period

### **Back-Court Checking**

#### **Boys & Girls 3<sup>rd</sup>:**

When a defensive player gains control of the ball, it becomes the offensive team. The opposing team must then retreat to the opposite end of the court to play defense. Once the ball carrier crosses the mid-court line, the team not in possession of the ball may challenge them. Players on Defense **MAY NOT** cross into the backcourt to defend any player or the ball. The defensive team **MAY NOT** pick up ball handling errors made in the backcourt.

### **3<sup>RD</sup> GRADE MAN TO MAN DEFENSE RULES:**

1. **NO ZONE DEFENSE OF ANY KIND!!!**
  2. No trapping or double teaming of the ball unless it is driven into the key (3 sec. area).
  3. Each player must be within 5 feet of the player they have been assigned to guard.
  4. Switching is allowed, but it must be a clear switch. It cannot resemble a double team or trap.
  5. We will allow back court checking during the last minute of the game.
- Failure to follow these rules will result in a warning first, and then each additional time an illegal defense occurs one point will be given to the team on offense.

**Girls 3<sup>rd</sup>:** No backcourt checking is allowed until the last minute  
**Boys 3<sup>rd</sup>:** No backcourt checking is allowed until the last minute

**½ COURT MAN TO MAN DEFENSE ONLY UNTIL 1/31/09  
-FULL CT. PRESS ALLOWED ONLY DURING THE 4<sup>TH</sup> QUARTER.**

**4-6<sup>th</sup> Grade Teams: AFTER JANUARY 31<sup>st</sup> 2009**

1. Teams can now play zone defense and trap (**IN THE FRONT COURT ONLY!!!**)  
**-Teams full court pressing can only man to man press. No zone or trapping full court presses are allowed in 4<sup>th</sup> – 6<sup>th</sup> grade basketball.**
2. Full Court Pressing will only be allowed if the score is within 10 points or below. Anyone full court pressing or half court trapping with a 10 point lead or more will be given a warning first, then each additional violation will result in one point given to the team on offense

**Boys & Girls 4<sup>th</sup> – 6<sup>th</sup>:** AFTER JANUARY 31<sup>st</sup> 2009 Back-court checking will be allowed for the entire game unless your team is 10 or more points ahead of your opponents.

**Boys 7<sup>th</sup> and 8<sup>th</sup>/ Girls 7<sup>th</sup> and 8<sup>th</sup>:** Back-court checking will be allowed for the entire game unless your team is 15 or more points ahead of your opponents.

### **Over and Back Rule:**

**Boys & Girls 3<sup>rd</sup> Grade:**

The **over & back rule** will not be enforced. The rule will be modified as followed: If after the offensive team has crossed into front court with the ball, then chooses to return to the backcourt with the ball, they may be pursued by the defensive team. This rule stays in effect regardless of how long the ball has been in the frontcourt or what the score is. Once the ball has crossed the mid court line, if it goes backcourt there is **NO 10 second count**.

**Over and Back Rule:** enforced for 4<sup>th</sup>-8<sup>th</sup> Grade.

### **Team Size**

The maximum roster size is 10. Roster size larger than 10 will need SKYC approval.

If a player drops from your team, please contact the SKYC office for a possible replacement. In addition, if player requests to join your team and you are full, ask them to contact SKYC office for placement.

### **Defense Rule**

- **Boys & Girls 3<sup>rd</sup> Grade:** Each defensive player shall play man to man defense while the ball is in the offensive half of the court. Double-teaming is not allowed, except as noted below. If within 5 feet on defense, a player fronted with the ball may try to steal but must maintain a five-foot defensive position with his/her original man. If the offensive player moves, the defense must move to avoid any double-teaming.

**The exception of the above rule shall be allowed a double team of the ball while the offensive player, who has control of the ball, has some part of their body in the three second key area. (You may double team inside the three second key area).**

- **Boys & Girls 4<sup>th</sup> - 6<sup>th</sup> Grade:**  
½ Court Man to Man Defense only. Man to Man Full Court Press is allowed during the 4<sup>TH</sup> QUARTER of the game until January 31<sup>st</sup> 2009.  
**After 1/31/09** Full Court Man to Man Defense is allowed. ½ Court Zone Defense is allowed. **(No Full court Zone Defense!)**  
**Boys 7/8<sup>th</sup> & Girls 7/8<sup>th</sup>:** Full court Zone or Man to Man Defense is allowed the entire game. Normal High School rules
- **Illegal Defense & Back-court checking violation 4<sup>th</sup> -6<sup>th</sup>:** A warning will be given for the first offense. A technical foul we be given for any additional foul. This will result in an automatic 1 point basket and possession of the ball.

Note: Boys 4<sup>th</sup>- 8<sup>th</sup> and Girls play High School Rules with noted SKYC exceptions.

### **Three Second Ruling:**

**Grades 3<sup>rd</sup>-8<sup>th</sup>:** The three second rule is effect for boys and Girls.

### **Basket Height:**

	<u>Boys Teams</u>	<u>Girls Teams</u>
Grade 3 <sup>rd</sup>	9 feet	9 feet
Grade 4 <sup>th</sup>	10 feet	10 feet
Grades 5 <sup>th</sup> -8 <sup>th</sup>	10 feet	10 feet

### **Free Throw Distance**

	<u>Boys Team</u>	<u>Girls Team</u>
Grade 3 <sup>rd</sup>	10 feet	10 feet
Grade 4 <sup>th</sup>	12 feet	10 feet
Grade 5 <sup>th</sup>	15 feet	12 feet
Grades 6 <sup>th</sup> -8 <sup>th</sup>	15 feet	15 feet

### **Ball Size:**

	<u>Boys Team</u>	<u>Girls Team</u>
Grade 3 <sup>rd</sup>	Intermediate	Intermediate
Grades 4 <sup>th</sup> -6 <sup>th</sup>	Intermediate	Intermediate
Grades 7 <sup>th</sup> -8 <sup>th</sup>	Regulation	Intermediate

**Grades 3<sup>rd</sup>-8<sup>th</sup>** Sno-King Youth Club will provide Referees.

### **Team Benches & Scores Table**

- Each team will be allowed 1 Head Coach & 1 Assistant Coach on the bench during the game. NO PARENTS!
- Only volunteer parents and children over 16 are allowed to run the clock and keep track of score at the scores table.
- Each team will provide a volunteer to run either the clock or score.