

CENTRALIA RECREATION COMPLEX

YOUTH (3rd/4th) BASKETBALL RULES

PLAYING RULES:

- Sec. 1 A game will consist of four (4) quarters. Each quarter will be (7) minutes in length.
- Sec. 2 Each team will be allowed one (1) time-out per quarter.
- Sec. 3 There will only be a jump ball to begin the game. After that, the ball will be awarded to each team on an alternating possession. Possession will be kept at the scorer's table.
- Sec. 4 The clock will be a running clock. It will stop only for time-outs, injury, or any other special circumstance. Exception: The clock will stop as per regulation basketball rules during the last minute of the second & fourth quarters.
- Sec. 5 **No full court pressing will be allowed, except during the last min of the 2nd & 4th quarters of the game. Only half-court defense!**
- Sec. 6 When the defensive team gets a rebound, players from the offensive team must retreat down the court and leave the player rebounding the ball alone. The player rebounding the ball or anyone he/she passes to in the backcourt cannot be pressured. Fast breaks are allowed!
- Sec. 7 Participants in the youth league will shoot free throws when fouled in the act of shooting. 1 and 1 bonus and double bonus will be reached upon the opposing team committing their 6th and 10 team fouls, respectively. Players will use the closet free throw line to shoot 12 foot 10 in
- Sec. 8 Fouls will be recorded and a player will foul out upon committing their 5th foul. Score will be kept.
- Sec. 9 Each team may use five (5) players on the court at one time. A team must have 4 players to start and finish a game.
- Sec. 10 Exceptions to Normal Rules:
1. Traveling and double dribble will be called, although, officials will use the spirit of the rule as much as possible, as long as the player is making an attempt to dribble. Players will be reminded and encouraged to dribble.
 2. Lane violations will not be called.
 3. The baskets for this league will be lowered to 9 ft.
 4. 28.5" basketballs will be used.
 5. **One coach** from each team will be allowed on the floor to instruct the players.
 6. If players don't attend coach's practices, they should not expect to play in the games. Playing time will be at the discretion of the coach.

SPORTSMANSHIP:

- Sec. 1 The use of foul or profane language by coaches, players, or fans will not be tolerated.
- Sec. 2 Any fan whose conduct is dishonorable or unsportsmanlike may be removed from the gym and/or the spectator area. The fan may also be suspended from the Centralia Recreation Complex. **(REMEMBER THIS IS A RECREATIONAL LEAGUE!!)**

EQUIPMENT:

- Sec. 1 The Centralia Recreation Complex will furnish the ball and timekeeper for each game.
- Sec. 2 Each team must wear a shirt of the same color. The Centralia Recreation Complex will provide each team with shirts.
- Sec. 3 All participants must wear gym shoes or shoes with non-marking soles.
- Sec. 4 No jewelry will be allowed to be worn by any player.