



## 3<sup>rd</sup> and 4<sup>th</sup> Youth Basketball Rules



All National Federation High School rules will apply with the exception of the following:

1. Games will be played on 8-foot goals with a junior size ball. All games will be five-on-five.
2. Teams must wear jerseys of like colors. Players must wear shorts and proper basketball shoes. Hats and/or jewelry are not allowed on the court.
3. A jump ball will be used to start the game or an overtime period. Subsequent jump balls will be awarded based on alternating possessions.
4. Teams must have a minimum of four members present to start a game.
5. Full and half court presses are not allowed. Play will be stopped to clear out defense if necessary.
6. Intentional backcourt violations will be enforced. (Accidental violations will be issued warnings.)
7. Man to man defense ONLY. Players may only steal passes—they cannot steal balls being held or dribbled.
8. Halves shall last 20 minutes with a running clock only to be stopped on injuries or timeouts.
9. A 5 minute warm-up will be given to each team and will directly precede each game. Teams will not be allowed to warm-up during halftime of games. Halftime will be 3 minutes in length.
10. Each team will receive two timeouts (30 seconds in length) each half. The clock will stop at this time. Your team must be in possession of the ball to call a timeout, or it must be a dead ball that has NOT already been handed to a team to inbound.
11. Fouls will result in the ball being taken out at the nearest sideline. Fouls will be called in moderation. There are no free throws. If the shooting team is fouled and makes the basket, the shot counts and the shooting team is awarded the ball on the baseline.
12. Technical fouls will result in the ball being taken out on the sideline. The player committing the technical foul will be benched according to the severity of the foul.
13. The three second rule will not be enforced, but coaches should make players aware of the rule.
14. There will be no overtime during the regular season. The game will result in a tie should both teams have the same score at the end of regulation. In the tournament, a two-minute overtime with 1 timeout will ensue. If necessary, a two-minute sudden death overtime with 1 timeout will follow. Then we will go to a shootout (3 players from each team will take alternating shots 3 feet in front of the free throw line).
15. Coaches must play each player with substitutions taking place during timeouts and dead balls.
16. Blood Rule: Players with blood on them will be removed from games until the blood is cleaned up.
17. Tournament will be single elimination.