

Lake Youth Basketball Game Rules for 3rd & 4th Program

- 1) Each game will consist of five (5) six-minute periods. In the first 4 periods there will be a continuous running clock. The 5th period will have a standard running clock (stopped at dead balls).
- 2) No jump balls, a coin toss will determine first possession. The possession arrow will determine which team receives the ball at the beginning of all other periods.
- 3) All players should play equal amount of time. If there are 7 players on a team then all players should play a minimum of 3 periods and the other time split up. (I.e. 4 players would play up to but not more than 4 periods and 3 players would play as a minimum 3 periods...). If there are 8 players on a team then all players should play a minimum of 3 periods and the other time split up. (I.e. 1 player would play up to but not more than 4 periods and 7 player would play as a minimum 3 periods...). In all cases there should not be any player who plays more than 1 period more then any other player.
- 4) Try to rotate who brings the ball up to half court.
- 5) At the beginning of each quarter match up players coverage based on ability and size.
- 6) Discipline is at the discretion of the coaches. If any player is being disciplined for more than 1 game then they need to get approval from the board. Remember this is an instructional and recreational league with very few games and it is not our intent to have you sit a player unless there are severe problems.
- 7) No game shall go beyond the top of the hour -- this will be determined by an official watch at the scores table. Games will begin at ten minutes after the hour or sooner.
- 8) Each team will have two (2) thirty-second time-outs, but only one can be used in the final period.
- 9) Half time will be two (2) minutes.
- 10) If a player commits a flagrant foul, talks back to the referee, receives more than two fouls in a period he should be removed for the rest of the period and be replaced by a player from the bench picked by the opposing team. The player being removed should be charged for playing that period.
- 11) No back court defense.
- 12) No zone defenses.
- 13) Defenses will be man to man and defensive players must pick up their player at or before the 3-point line. They can not sag any lower waiting to pick up their opponent. Once they pick up their player they should be within 2-3 arms length of their opponent once he crosses the 3 point line and within 1 arms length when he comes into the paint.
- 14) No double coverage on any player. If a player comes free from his defender then another defender can pick him up. There should never be more than 1 defender on any offensive player.
- 15) No clear out plays on offense.
- 16) A player must come out of the game if he is bleeding, and will not be able to continue as long as he is bleeding. Any player with blood on his uniform must come out of the game.
- 17) If tied at the end of regulation play there will be an over time play off. This will consist of the last 5 players on the court for each team each shooting a foul shot at there own basket. The team who scores the most wins. If each team makes the same amount of shots then it continues with another round(s) until one team makes more.