



COLCHESTER YOUTH BASKETBALL LEAGUE

Grades 3rd/4th Boys & Girls Basketball League

RULES AND REGULATIONS:

Mission Statement: To provide the youth in Colchester with an opportunity to participate in a recreational basketball league, designed to encourage Sportsmanship and Participation within a positive learning environment.

1. **START OF GAME:**

- Coaches and players should be at the school 10-15 minutes prior to warm ups.
- Each team will be allowed an 8-minute warm up time beginning at the scheduled start time.
- Games will start 10 minutes after the scheduled time. **Example:** If the game is scheduled for 10:00 a.m., the tip-off will be at 10:10 a.m.
- Games will start when each team has at least **four** players present. Both team coaches will decide if a forfeit must be called. Teams would then be created with the present players from both teams and a game will be played.
- One game will be played at a time – full court at Colchester Middle School.

2. **HOME TEAM:**

- Home Team will be listed second on the schedule and wear **WHITE** jerseys and the Visiting Team will wear the **ROYAL BLUE** side of the jersey.

3. **LENGTH OF GAME:**

- Playing time shall consist of 4 quarters of 8 minutes running time.
- There will be a 1 minute rest period between the 1st and 3rd quarters.
- Halftime will be 5 minutes long. The officials/coaches may shorten the length to allow for the game to remain on schedule.
- All games must end no later than 5 minutes before the hour to maintain the schedule.
- The overtime period shall consist of a two-minute running clock only stopping for injury and time-out. The clock will not run during foul shots. There will only be one overtime period and if the teams remain tied at the end of the period it shall be a tie. Overtime will begin with a jump ball.

4. **TIMEOUTS:**

- Coaches will use timeouts to help teach and talk with players during the game.
- Timeouts should not be used for full team substitution, unless there is a lead of 10+ in the 4th quarter.
- Teams will get 1 timeout per half lasting 60 seconds in length.

5. SUBSTITUTIONS:

- Substitutions will be made during the game during any stoppage in play.
- Subs must report to the clock and wait until the official calls them into the game.
- All players must receive equal playing time. In the event of injury or other ailments, a player may be withdrawn from the game without penalty. Please notify the official and score keeper if this does occur.

6. STOPPAGE OF CLOCK:

- Clock will stop on all time-outs.
- In the 4th quarter, with one minute or less to play in games that are within 4 points, the clock will not start until the leading team crosses mid court. It is regular timed if possession is by the team behind. This eliminates the clock running out when teams can only play half-court defense.

7. BASKETS & BALLS:

- Baskets will be adjusted to 10 feet.
- 28.5 inch balls will be used.

8. SCORE:

- Score *will* be kept in our Grade 3/4 basketball.

9. FREE THROWS:

- Free Throws will be taken during games, **but only** on shooting fouls.
- Free Throws will be taught during practices.

10. PERSONAL FOULS:

- Our intentions are not to have children foul out of the games. Teach as they play and help them learn the right way to play the game.
- On a foul, the official/coach will stop play and award the opposing team possession for the ball.
- A player who continually fouls will receive a warning, or be assessed a technical foul.

11. TECHNICAL FOULS:

- Technical fouls = Possession of the ball to the opposing team at half court.
- Technical fouls are slamming the ball, rude to an official or coach, altercation with another player, inappropriate language, and excessive fouls.
- At any point in time the referees and/or coach may sit out a child for un-sportsman like conduct. Sportsmanship and safe play must be observed.

12. COURT RULES & VIOLATIONS:

- A team has 10 seconds to advance the ball to the front-court.
- Back-court violations will be called.
- Three seconds in the lane/paint will be called on the offensive end. Officials will remind players to keep moving before making the call.
- The court lines are considered “out”.

13. DEFENSE:

- Man-to-man defense will be played.
- No zone trapping or double teaming will be allowed.
- Players will be allowed to steal the ball from other players when they are dribbling or passing.

- Back court pressure *will not* be allowed. Stealing of the ball in the back court *will not* be allowed.
- The Defensive team can pick up the other team as the ball crosses half court. Once the ball crosses the half court line, the defensive team may pursue to half court.
 - Once a defensive player secures a rebound, it is considered possession in backcourt. There is no defense allowed in the backcourt. If a defensive player secures the rebound and an opposing player reaches in to “tie up” the ball, the referee should waive off the “jump ball” and award the ball to the defensive team.

14. JUMP BALL:

- Will only be used to start the game and in the case of overtime.
- All other jump ball situations will refer to the possession arrow.

15. POSSESSION ARROW:

- The arrow will start by pointing to the team that lost the opening tip. Then it will alternate possession during the game. The team that lost the opening tip will receive the ball to start the second half.

16. OFFICIALS:

- Officials have the right to stop play to explain and teach the rules for the improvement of players and the program.
- There will be one official that will call infractions and provide instruction when needed. In the event an official fails to show, coaches will officiate games.

17. COLCHESTER PARKS & RECREATION

- The Recreation Department reserves the right to change the game time and half time in order to keep on schedule. If necessary, we may need to change or alter the game and practice schedule for school or town special activities or events.
- Our goal is to provide an enjoyable experience for our youth. We believe it is important for youngsters to play an exciting game of basketball, to have fun and leave happy. We hope that you, as a