



## **EPGBA In-House 3<sup>rd</sup> and 4<sup>th</sup> Grade Rules**

(Revised October 19, 2020)

These rules are intended to promote skill development, sportsmanship and enjoyment for the girls. The rules that are unique for each age group are intended to improve the game. Parents, coaches and players are expected to respect the game, the rules and the players. Questions regarding the rules and the implementation should be directed to the grade commissioner.

**3<sup>rd</sup>-4<sup>th</sup> Grade Basketball:** Rim Height: 9 feet. Youth Basketball: 27.5". Score will be kept.

### **1. Game Length:**

- a) A coaches/officials meeting will be held approximately 5 minutes prior to the start of each game
- b) 3 minutes for warm-up.
- c) The game will be played in 4 - 10-minute quarters with the clock running.
- d) All games must be completed in 60 min. from the scheduled start time. Once the time limit is reached, the score at that time becomes the official score.

### **2. Coaches/Officials Meeting:**

- a) Coaches and officials will meet at half court prior to the start of the game for introductions and to review the rules. Referees will give their names to coaches, and coaches will give their names to the referees. At half time, referees and both coaches will meet to discuss any concerns from the first half of the game and discuss any matters relating to the rest of the game.
- b) If the referee feels that there is a problem with a coach, player, or parent, the referee will call time out, call both coaches to the center of the court and discuss the problem. If the problem continues after the discussion, the referees have the power to cancel the game. Referees will file a report with the Referee Coordinator if disciplinary action is taken. The Referee Coordinator will contact the Coaching Director and a meeting will be held with the parties involved.

**3. Timekeeper/Scorekeeper:** One team should assign a person to keep the score and run the game clock for the game. This person will sit at the score table.

**4. Jump Ball:** After the initial jump ball at the start of the game, all jump ball situations will be resolved using the alternate possession rule.

**5. Playing time requirements:** Coaches are responsible for equitable playing time for every girl.

- a) It is expected of the coaches to play their players equally during the game and not try to "manipulate" the rule so as to create an advantage for his/her team by playing the "star" players the entire game.

- b) All coaches must have the player rotation form filled out for each game
- c) The clock will stop for substitution at 5:00 mins of each period.
- d) All players should be sitting and waiting to go into the game. The stopping of the clock is to be used only for substitutions. – NOT COACHING
- e) Once a player has entered the game, he/she may not be replaced until he/she has participated in the full 5 minutes unless injury or illness occurs.
- f) It is the goal of the program that ALL players play as close to equal amount of time as possible per game.
- g) The only exceptions to the equal playing time rule (no player will play more than one rotation than any other player) are as follows:
  - 1) Pre-game injury: Coaches and scorekeeper will need to meet to understand the situation and accommodate a request to limit a player's playing time due to injuries.
  - 2) Injury during game: If sub is needed, rotation is not affected. Injured player is allowed to return to the game at the next dead ball.
  - 3) Disciplinary action due to sportsmanship. This requires prior approval from the Commissioners or In-house VP.
  - 4) Missing practices are not reasons for loss of equal playing time.

**6. Types of Defense:** The intent of the defense rules is to encourage skill development. Every basketball player needs to play defense and every player needs to learn how to defend a basic pick and roll offense. The league requires that every coach honor this rule and the intent.

- a) Only a man-to-man defense is allowed during the entire season.
- b) All defensive players need to retreat back to the three-point line extended and wait there for the offensive player that they are guarding. Once the ball has crossed half court the defensive players may play defense from the 3-point line extended.
  - i) Beginning with the 1st game in January, defensive players may play defense from ½ court.
- c) Defensive players must be within 3 feet of their assigned player and the basket.
- d) Switching will be allowed provided that the players stay within 3 feet of their new man.
- e) Helping within the foul lane will be allowed and encouraged.
- f) Exceptions: If the offensive player chooses to be outside of the 3-point line, the defensive player is not required to stay within three feet.
- g) There will be no zone defenses allowed the entire season.
  - i) The first offense will be a warning.
  - ii) All other offenses will be 2 points for the opposing team and the ball.

**7. Pressing:** No full or half court presses are allowed.

**8. Foul Rules:** Every effort will be made to call personal fouls and to prevent rough play. No team fouls will be kept.

**9. Technical Fouls:**

- a) All technical fouls will be non-shooting fouls, two points will be automatically awarded the opposing team and that team will get the ball out of bounds.
- b) Flagrant fouls could lead to player ejection.

- d) A coach has the option of removing a player from the game if the player receives a technical foul.
- e) The coach has the option of sitting the player for part or all of the remaining game.
- f) A technical foul by a coach will be an immediate ejection from the game and gym.

**10. Flagrant and Multiple Technical Fouls:** Flagrant fouls are contrary to the philosophy of the league and will not be tolerated.

- a) A flagrant foul by a player will result in an automatic 2 points for the opposing team and the opposing team will be awarded the ball out of bounds.
- b) In addition, the player who committed the flagrant foul cannot play for the remainder of the half in which the foul was committed.
- c) The periods that a player was scheduled to play under the equal play rules of the league will be forfeited, and a coach may not try to make up these periods in the second half of a game if the violation occurs in the first half.
- d) When a player commits a 2nd flagrant/technical foul, the player will be disqualified/ejected for the remainder of that game.
- e) A technical/flagrant foul by a coach will be an immediate ejection from the game and gym.
- f) All ejections will be reported to the EPGBA referee coordinator, EPGBA Coaching Director, EPGBA In-House Vice President and EPGBA Executive Committee

**11. Out of Bounds, Double Dribble and Travel:**

Out of Bounds, double dribble and traveling will be **ENFORCED** for the entire season. If an out of bounds, double dribble or traveling violation occurs, the referee will stop play, explain the violation, and the ball will be turned over to the defense.

**12. Referees:** The game will be refereed by a qualified referee (typically a 7-12<sup>th</sup> grade student that has completed the necessary training determined by EPGBA). Referees must be treated with respect. Anything to the contrary by a parent or coach will result in immediate removal from the gym. All ejections will be reported to the EPGBA referee coordinator, EPGBA Coaching Director and EPGBA In-house Vice President who will then report to the EPGBA Executive Committee.