

Park & Recreation

Youth Basketball Rules and Guidelines

Notes:

- ◆ **Parents, your children/players are expected to attend all practices!**
 - Please take care of school buildings and property. If problems arise, the program will be cancelled. Your help will be greatly appreciated!
 - Attendance of practices by parents is not encouraged, due to distractions for the participants and coaches.
 - Please do not drop your child off any earlier than 10 minutes prior to the practice and please be sure and pick up your child promptly after the scheduled practices.
 - **There should be no jewelry, earrings, and watches, etc. worn during practice or games.**
 - **No street shoes allowed on the gym floor. You must bring other shoes to games and practices to change into upon arrival to the gym!**

- ◆ **Weather related cancellations – Park and Recreation information tape call 444-4321**
 - Park and Recreation Office – 444-4321
 - Park and Recreation Web Site – www.ci.owatonna.mn.us – Online Registration available.
 - Practices will not be held on days schools are closed. Also, school activity has priority. Those school activity days will be listed on the practice schedule.

- ◆ **3rd grade boys and girls:** *Games* will be run as a controlled scrimmage with the coaches and officials organizing/teaching on the court. The scrimmage will be stopped to explain to the children details that occur. Object is to help them learn the fundamentals of the game.

- ◆ **4th/5th / 6th grade boys and girls:** *December* game will be run as controlled scrimmages with the coaches and officials organizing/teaching on the court. The scrimmage will be stopped to explain to the children details that occur. Object is to help them learn the fundamentals of the game.

- ◆ Official scores or standings will not be kept. Goal is to make it fun for the kids!

- ◆ A game that ends tied (even though nobody is keeping score☺) remains tied. No overtime.

- ◆ Players should warm up prior to the game. We will give adequate time for warm up.

Timing:

- ◆ Games will consist of four 10-minute running time quarters. The clock will **stop for free throws, time outs and injuries only**. Stop time is in effect the final 1 minutes of the game. **All players must play equal time during a game.**

- ◆ Added exception teams will play 1 ½ hours with rotation of teams when scheduled accordingly. (two halves)

- ◆ Two minutes will be allotted for halftime. One minute between the quarters.

- ◆ Four one-minute time-outs per game per team. (2 per half when you have rotation of teams)

Game rules:

- ◆ **High School rules will apply.**

- ◆ **Jump Ball** -A jump ball is used to start the game only. After jump ball, alternating possession will be used. The team not getting the tip off will get first alternating possession.

- ◆ **Fouls** - A player fouls out on their 5th foul.

- ◆ **Substitutions** – Can be made on **dead ball situation only** to keep the flow of the game. You can call a time out to get substitutions in.

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◆ *Special exceptions for each grade:*

➤ **3rd grade boys and girls:**

- **The basketball height will be 8 feet for the 3rd grade program.**
- **Lane Violation** – will be called if an offensive player is in the lane for more than 10 seconds.
- **Rebounding** – On a controlled rebound, with no immediate outlet pass, the defense must fall back.
- **Defense – Must stay inside the 3-point circle on defense.** No zone defenses. A man to man defense must be played at all times. Switching on screens is permissible. No double-teaming is allowed.
- **Free Throws** – There will be no free throws shot. All fouls will result in an in-bounds pass.

➤ **4th, 5th and 6th grade girls and boys:**

- **Lane Violation** – will be called if an offensive player is in the lane for more than 5 seconds.
- **Rebounding** – On a controlled rebound, with no immediate outlet pass, the defense must fall back behind their half court line until the ball crosses the mid-court line.
- **Pressing – No Pressing allowed.**
- **Defense** – No zone defenses. A man to man defense must be played at all times. Switching on screens is permissible. *Double*-teaming on the ball is allowed.
- **Referees Discretion- At any time due to players/team domination, officials have the discretion to adjust rules of defense on double teaming and allowing defenses to start defending at mid-court.**
- **Free Throws –**
 - Teams will shoot a 1 and 1 on the 7th team foul of the half. (Coaches keep track of these.)
 - **4th girls, 5th grade boys and girls** – At least halfway between inside edge of free throw line jump circle and free throw line.
 - **6th grade boys and girls** – Use the free throw line. In December, player will be able to cross the free throw line after shooting. Starting in January, player must not cross the line.