

PYB Rules: 3rd & 4th Grade Boys/Girls

OSAA rules with the following Exceptions:

1. Ball Size: 28.5
2. **Free throws** will be shot 3 ft inside normal distance.
3. **Substitutions**: Players will be substituted at 5 minute intervals. The team with the ball at the end of the 5 minute mark will retain possession. A new group of players must be placed on the court every 5 minutes. If there are fewer than 5 players on the bench at the end of 5 minutes, all players must be substituted for the players who have been on the court the longest. This assures equal playing time. **SUBSTITUTIONS ARE NOT A TIME OUT!**
 - a. **Exceptions**: Substitutions may be at the coaches discretion (no special restriction) the last half of playoff/ end-of- season tournament games.
4. **Defense**: Only Half-court player to player defense will be allowed. **No Zone** defense of any kind. No full-court pressure. Players may help their teammates momentarily if they are beaten in the key area. Switches are allowed. **No double teaming allowed.** The definition of a double team is that a player may not leave his man to go double team another man or the ball, unless that man has been beaten in the key area (paint), therefore only one person should be on the ball or man. A matchup zone is considered a zone.
5. **Full court presses will not be allowed.**
6. **Isolation plays**: designed to take advantage of the no zone rule are not allowed (clearing the side for a player).
7. **No three point field goals.**
8. **Unsportsmanlike fouls and Technical fouls**: The player will be removed from the game until at least the next substitution break. Second offense is disqualification from the game with a review of the Recreation Supervisor.
9. **Coach's technical fouls**: Reviewed by the Recreation Supervisor. Remember we are here for the kids. You have the responsibility as a coach to be a positive role model and stay under control.
10. **Game length**: 40 minute games, 20 minutes per half.
11. **Time outs**: Each team is granted 2 full time outs (1 minute) per game.
12. **Overtime**: A 5 minute overtime period will be played when necessary. One additional time out. If still tied after 1st overtime, game over.
13. **Scorers / Timers**: Each team will be required to provide one adult to keep score or time at the scorer's table
14. **Clock stops for free throws, substitutions, time outs, and official time outs.**