

BERWICK PARKS & RECREATION
RULES & REGULATIONS
3rd & 4th Grade Basketball 2022-2023

LENGTH OF PLAY

Games shall consist of two (2) twenty (20) minute halves. Each half will be running time except for the last two (2) minutes of the 2nd half if the lead is nine (9) points or less. Please note that time is stopped during free throws as well and during substitutions.

TEAM ROSTERS AND PLAY REQUIREMENTS

- a. All teams shall consist of eight (8) to ten (10) players
- b. All players shall receive equal playing time to the best of the coach's ability.
- c. Time will be called by the officials at the five (5) minute, ten (10) minute, fifteen (15) minute point of each half for substitutions
- d. All players, coaches and parents **must** abide by the Berwick Parks and Recreation Code of Conduct.

****Coaches please review the Code of Conduct with your team and parents.***

SCOREKEEPING

The game score is kept, however absolutely **NO** personal/player stats, with the exception of fouls, should be kept at this level of play. This helps encourage a positive and enjoyable experience for **ALL** and refrains from any disrespect on or off the court in all aspects (coaches, officials, players, parents). This also helps keep kids from being discouraged while trying to learn the skills of the game on the court.

TIMEOUTS

- All teams receive two (2) full time-outs, consisting of one (1) minute each per game.
- All teams receive two (2) thirty (30) second time-outs per game.
- Any additional time-out requested may be granted, but will result in a team technical foul.
- Time-outs can be called by a player on the court or by the coach either at a dead ball, or when your team has possession during a live ball situation.
- Only referees can grant a time-out

EQUIPMENT

- a. Participants shall wear the team shirt provided by Berwick Parks & Recreation Department.
- b. Berwick Parks & Recreation Department shall provide timing equipment.
- c. Berwick Parks & Recreation Department shall provide the game balls for each game (Intermediate Size- 28.5)

d. Rim height: 10'

e. **Gymnasium- All activities are restricted to the gymnasium and NO person of any age should be in any other area of the building. With the exception of BATHROOMS. We will lose the use of the schools if we do not exhibit proper care and respect for the facilities. We do not have a custodian, so we ask that everyone lends a hand in maintaining a clean, safe facility.**

**Coaches please have your team pick up after each practice and game.*

SPORTSMANSHIP

All participants will exhibit good sportsmanship by demonstrating positive support. All adults involved in the program should do their best to make youth sports fun for all participants and remember that this is a program for the youth and not adults. All participants must abide by the Berwick Parks & Recreation Code of Conduct.

FOULS AND FOUL SHOTS

- a. Each player will be allowed five (5) fouls per game. When an individual player commits a 5th foul, they are fouled out of the game.
- b. The seventh (7th) TEAM foul in each half results in a 1-1 free throw situation.
- c. The tenth (10th) TEAM foul in each half results in a 2-shot free throw situation
- d. During a free throw, the shooter and all players lined up in the lanes may not enter the key until the ball hits the rim. Any other player must be behind the three (3) point line.

THREE SECOND

The three (3) second offensive lane rule is in effect. Players will be reminded on the court by the referees to help with learning the rule.

JUMP BALLS

Jump balls only occur at the beginning of the game and beginning of overtime. The team that wins the jump ball starts the alternating possession procedure. A possession arrow will determine alternating team possession in each jump ball call. At the beginning of each quarter the team with the possession arrow will inbound the ball at half court.

BACK COURT 10 SECOND VIOLATION

A player has ten (10) seconds to bring the ball from the backcourt to the frontcourt. Please remember that both feet AND the ball must cross over the half court line.

DEFENSE

It is the philosophy of this league that all participants achieve a solid understanding of the fundamental man on man defense as well as help side defense.

DEFENSIVE PRESS

There shall be no full court pressing or picking up at half court. Players must allow the ball to cross half court before applying pressure. Help side defense is allowed, but **NO DOUBLE TEAMING**. Referees and coaches must keep a close eye on this rule. If a coach or team intentionally encourages the breaking of this rule, a technical foul will result.

STEALING

Stealing on the dribble is allowed at this level, however any contact a defender makes with the dribbler shall be a foul.

SUBSTITUTIONS

Substitutions will take place at the official table. The substitute will enter the game only when the referee signals for him to come onto the court. This keeps the confusion to a minimum. At every 5-minute mark there will be substitutes made.

FIVE SECOND CLOSELY GUARDED RULE

The five (5) second closely guarded rule is called when the offensive player has the ball and is guarded closely (within 6ft) for five (5) seconds and that player does not shoot, pass or dribble within that time. The count applies to holding or dribbling without a move to the basket while guarded.

Revised September 2022