

Sandwich Youth Basketball – Rules and Guidelines

3rd/4th Grade Boys & Girls

Updated October 24, 2025

All NFHS & MIAA High School Basketball rules apply with the following exceptions:

Format: (INITIAL)

1. Each team will have a combined practice/game each Saturday. Two teams will share a gym and have a 20-25 minute practice and begin the game no later than 30 minutes past the hour.
2. A single patched Referee will officiate the game at a level appropriate for the age group while also taking the opportunity to maximize ‘teachable moments’ to encourage player development.

General:

1. The games will be played using 2 12-min running halves with a 2 minute halftime
2. No Time Outs.
3. A single timekeeper will manage the clock. Score will be maintained on the scoreboard with the agreement of both coaches. No scorebook will be kept.
4. Game results are not tracked and no division standings are kept.
5. Foul Shots: Given that many young players don’t have the physical strength for 15ft foul shots, shooting fouls will be awarded to the offensive team for a sideline/endline throw-in.

Playing Time & Substitutions:

1. NO PLAYER may play more than one shift more than any other player. To ensure balanced playing time, use of the SYB Player substitution grid is required. Grid is available at www.sandwichyouthbasketball.org under the In Town Rec League Tab.
2. With the exception of player injury, substitutions will only be allowed every 3 minutes. Officials will attempt to stop play as close as possible to 9:00, 6:00 and 3:00 of each half for substitutions.
3. **All players on the bench must be substituted into the game.** *This is **not** a time-out, and your players should be waiting at the scorer’s table ready to step onto the court and play.*

Defense:

1. Man-to-Man defense only, all players must maintain a closely guarded position (within 6 ft) of their man while inside the 3-point arc. Defenders are not required to follow their player outside the arc.
2. NO Double-teaming of the ball is allowed
3. NO full court defense at any time. Defense begins at half court.
4. NO STEALING OFF THE DRIBBLE AT ANY TIME. This rule includes the deliberate attempt to force the dribbling player to lose his/her dribble by the defensive player. Making contact with the ball with any part of the defensive player’s body in a deliberate fashion will constitute a violation of this rule. Defensive players are able to grab a held ball in an effort to ‘tie it up’

Player and Coach Conduct

Coaches shall maintain order during games; players not in the game are to remain on the bench.

Coaches are responsible for ensuring the game begins on time at :30 minutes past the hour. *If a game is running long, the timekeeper shall coordinate with the referee to adjust the length of the game to ensure it finishes on time at the top of the hour.*