



3rd/4th Grade Girls Rules and Regulations 2025

- Coaches are responsible for finding a parent volunteer to control the clock
- 27.5" size basketball
- 9 foot rim height
- Free throws from 13 feet (two feet in front of traditional free throw line)
- 8 minute quarters with a running clock, except for the last two minutes of the second and fourth quarter, which is regulated timing. Clock stops on all time outs, free throws, and substitutions.
- One minute breaks between quarters, 2-5 minute halftime (can be shortened if running late)
- Two 60-second time outs permitted in each half, unused timeouts cannot be carried over into second half
- Start of game possession determined by coin flip (or rock, paper, scissors)
- All players should receive approximate equal playing time
- 5v5 play. If a team doesn't have 5 players, the teams can play 4v4 by mutual agreement of the coaches. 4 players required to start the game
- Tie at the end of regulation equals a 3 minute overtime. If there is still a tie at the end of the 3 minutes, the game ends.
- 3 seconds in the key apply (but go easy the first few games)

Rules of Play

- No more colored wristbands to identify defensive matchups
- Only man-to-man defense, but players may leave their matchup to play “help D” if another player has beaten her defender and has a clear lane to the basket.
 - “Switching” on defense is not allowed
 - No double teaming outside of the paint
 - No zone defense is allowed
- Stealing is allowed if the player she is guarding is dribbling or in the act of making a pass
 - A player may steal the ball from a player that is not her matchup if the player does not need to do more than “swipe” at the ball. Remember, no double teaming.
- Injury time outs allowed as needed during the game
- Teams can substitute when the clock is stopped
 - After substitutions of multiple players, both teams should quickly line up at mid-court to clarify defensive assignments.
- Full court press is allowed only in the last two minutes of the second and fourth period and the overtime period
 - Leading team cannot extend the defense over half court when leading by 15 points or more at any time
- If a team reaches a 15 point lead, modifications should be made to keep from running up the score
 - 5 passes before a short, no stealing, or any other changes that will both challenge the leading team and help benefit the losing team