

Rules for North Hunterdon Basketball League

Grades 3-4

Updated 11-20-2006

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1. The game will consist of four 8-minute quarters. At the **REFEREE'S DISCRETION**, one or both quarters of the second half may be reduced in duration to accommodate time requirements.
2. The general rules of basketball will apply with consideration given to the age and skill level of the players.
3. **Games will not start until there is a parent (not coach) either running or supervising the scorers table and game clock.**
4. If the game is tied at the end of regulation, time permitting, there will be a 4 minute overtime period. A tie will be awarded to each team if the score remains equal at the end of the overtime period. Team fouls carry over into Overtime.
5. Player substitutions will be made near the 4-minute mark of each quarter. In order to keep the game moving, coaches should have their substitutions ready prior to the 4-minute mark of the quarter.
6. All players must play at least ½ game.
7. No backcourt defense – the defense must allow the offense to get the ball across half court.
8. Double-teaming is allowed.
9. Each player is allowed 5 fouls per game. When the player receives the 5th foul, he/she must exit the game and may not play for the remainder of that game.
10. The 5-second rule in the key is in effect.
11. Stoppage of the clock occurs with the following:
 - all fouls
 - all out of bound plays
 - any injury
12. The offensive team is allowed 10 seconds to get ball over half court.
13. 5 seconds for inbound plays.
14. One 30-second time out per team will be allowed per half. Time-outs may be used at the coach's discretion.

15. Tip off at start of game. Possession arrow will determine who inbounds the ball for the 2nd, 3rd, and 4th quarters.

16. Alternating possession arrow in effect.

17. A team must start with 5 players. In the event the 5th player fouls out of the game, with no additional players on the bench, the team can play with 4 players. If another player fouls out, leaving 3 active players, the team must forfeit. Additional players may be added to the roster, but must come from another team of a lower grade level. If a team cannot start the game with 5 players, it forfeits the game.

18. A ***Mercy Rule*** will be enacted any time a team is winning by 20 points or more. The leading team will not be able to double team and is ***expected*** to slow the pace and intensity of the game. The purpose of this rule is to limit blow-outs and to promote sportsmanship. Any Coach that, in the opinion of the Commissioners, does not adhere to this rule will receive a warning.