



Forest Lake Area Schools
Community Education Department

**2009-2010 Elementary Basketball Rules
Grades 3 & 4 (Boys & Girls)**

1. All games in 3rd grade will be played with eight-foot baskets and the intermediate-sized basketballs. All games in the 4th grade will be played with nine-foot baskets and the intermediate-sized basketballs.
2. A team must have five rostered players to start a game. In case of injury or illness during a game, a team may complete the game with fewer players. A team may pick up a player from a lower grade level IF they do not have five of their own rostered players for that game. However, a player from a lower league may NOT replace one of your team's players who are present and healthy at the game.
3. Consequence of switching players from one team to another, after rosters have been created by a random draw, is automatic forfeiture of all games by all teams involved.
4. Each player must play a minimum of two full quarters per game. Violation will result in a forfeit. The only exception is for teams with over ten players at a game (one quarter is then minimum).
5. All games will consist of four 10-minute quarters. The clock will be "running time" except for the last one minute of the game. Teams will get a one-minute break after the first and third quarter, and a three-minute half time.
6. All games must be started and finished on the same size court.
7. Each team may take two time-outs per game. This stops the clock and lasts one minute each.
8. Overtime will be two minutes of "stop-clock" time. If no winner after one overtime period, there will be a sudden death period where the first point scored is the winner.
9. Double dribble will be called as in the basketball rule book.
10. Traveling will be called, but an extra step may be allowed.
11. Defense begins at the half court line (or behind it), and must be "man-to-man" defense only. Teammates (who sag off the weak-side) may "help out" when the offensive player beats his man, but cannot remain in a double-team situation. No pressing (above the half court line), or double-teaming will be allowed.
12. Rebounds clearly controlled by the defensive player means that their opponents must go back into their half court defense.
13. There will be fifteen seconds allowed to get the ball across the time line. Remember no pressing defenses.
14. Lane violations will not be called (at this level), but players should be taught to move in and out of the (3 second) lane.

15. A jump ball will start the game, but each succeeding jump ball goes to alternating teams (including the beginning of each quarter). In overtime, a new jump ball takes place.
16. All free throws are shot from only ten feet. Two shots are awarded for a player fouled in the act of shooting, unless the field goal attempt is made (then the basket counts and one free throw is awarded). On non-shooting fouls, the team fouled will receive the ball out of bounds at the closest spot. On and after the seventh team foul (of each half), two free throws will be on each foul. An "intentional foul" is a two-shot foul at any time. These rules will produce more actual playing time to develop fundamental skills.
17. A player "fouls out" on his/her fifth foul.
18. Technicals called on a coach or player will result in two automatic points (in lieu of two free throws) and the ball on the side.
19. All "byes" count as a win in the league standings. Standings will be reported to the *Forest Lake Times* each week. It is the decision of the *Forest Lake Times* if they are published weekly.
20. Each member on the League Championship team will receive an individual trophy. In case of co-champions, members of each co-championship team will receive a trophy.
21. Coaches should remember to supervise players at all times when using school facilities, whether at games or practices.
22. Coaches and parents should set a good example in sportsmanship. Remember, our goal is to have fun and enjoy basketball. Referees will be evaluating each team during ALL games this season. At the conclusion of the season, the team with the highest rated sportsmanship (based on an accumulated point system), will be given individual awards.
23. Only two coaches and one scorekeeper are allowed on the bench.
24. Substitutions will be made on dead balls only.
25. Players or coaches can call time-outs.
26. Any coach, player, or parent thrown out of a game will automatically be suspended for the following game! The Basketball Coordinator will handle any further problems.
27. Coaches, remind your parents to control their other kids if they bring them to games. They should be watching the games, not running around!!
28. Please remind spectators to put away their chairs after the last game each night.