



4 & 5th Grade Basketball Rules



The purpose of the Boys & Girls Club of Albany basketball program is two-fold: one, to provide every child who so desires, the opportunity to play basketball for fun, in competition with children of comparable age; and two, to teach sportsmanship along with fundamentals of basketball. The following rules have been established to foster these program goals.

League/Team Formation: Players will be placed on teams based on the Elementary school they attend. If there are not enough players from any one school to complete a roster, then players from other elementary schools may be used to fill a roster. Teams will be organized into leagues by grade and gender.

The Boys & Girls Club of Albany offers a 4th grade boys league, 4th grade girls league, 5th grade boys league, and a 5th grade girls league. For this program the maximum roster number for any team is 11 players.

Equipment: The Boys & Girls Club will provide practice basketballs (28.5 ball size) for each team, as well as a game shirt for all participants. Uniforms are required to display the Boys & Girls Club of Albany logo on it, as well as the team sponsor's logo. Each participant is required to provide their own court shoes and shorts.

Game time regulations: 4th & 5th grade leagues will play four 10 minute running clock quarters. If the score is tied after regulation time, then a 2 minute overtime period will be played. If another overtime is needed, a "Sudden Death" overtime will result. This means that the first team to score a point wins. There will be a one minute break between each quarter, and a 3 minute half-time. Teams are limited to 4 timeouts per game.

Court dimensions/Rim heights: The size of the playing court may vary depending on the facility being used. The rim height will be set at 9'0" for 4th grade boys and girls games and 10'0" for 5th grade boys & girls games. The foul line will be 15 feet from the basket, and teams will begin to shoot one-and one's on the 7th foul of each half. Two free throws will be awarded once the opposition reaches 10 or more fouls in any half.

Game Rules:

- 1) Our program is designed to develop sound man-to-man defensive fundamentals. This means that there are no full-court presses allowed, and **only man-to-man front court defense is allowed**. There are no half-court zones allowed. Defensive players need to stay within 5 feet of the person they are assigned to guard. In the event that a switch is made defensively as a result of a screen for example, the following are to be followed. A defender may "help out" if another defensive player is caught out of position, but the defenders then need to either switch defensive assignments temporarily, or once the original defender recovers, the "help defender" needs to rotate back to his/her original defensive assignment. **Double teams are prohibited**.
- 2) A limit of Five seconds in the key is permitted for any offensive player. If an offensive player stays in the key for more than 5 consecutive seconds, it will result in a violation and a turn-over.
- 3) Jump Balls – There will be alternate possessions on all jump balls. The only time the ball is actually tossed up for a jump is the very beginning of the game.
- 4) Player substitutions – In order to comply with playing time requirements, coaches need to make sure no player plays more than 3 quarters, and less than one quarter. Exceptions are made when a team has less than 7 players. The Athletic Department encourages our coaches to provide equal

playing time as much as possible. A team with 10 or more players should not have any player play the maximum limit of 3 quarters. Coaches need to be aware that we are playing with a running clock, so free substitution will result in a waste of time the kids can be playing. The Athletic Department recommends subs only around the half-way point of each quarter, or at quarter breaks.

- 5) **Officials/Coaches/Players/Spectators behavior requirements** – It is set policy at the Boys & Girls Club of Albany that all parties maintain appropriate, respectful behavior before, during, and following all program activities (practices, games, etc.) Our goal of fostering a positive youth sports environment depends on it. Anybody not interested in complying with these expectations may be asked to leave the venue immediately and may not be invited to return depending on the circumstances.

Boys & Girls Club of Albany

1215 Hill St. SE

Albany, OR 97321

(541) 926-6666

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