



## Valley Youth Instructional League Basketball Rules for 3<sup>rd</sup> and 4<sup>th</sup> Grade Boys and Girls

All National Federation High School rules apply with the exception of:

1. Games will be played on 8-foot goals with a junior size ball.
2. No foul shots.
3. No backcourt violations or full court press.
4. Man-to-man defense or zone defenses may be used. However, it is recommended that you spend time teaching man-to-man defensive techniques.
5. Four 8 minute quarters will be played with a running clock.
6. Halftime will be three minutes.
7. Each team will receive two time-outs each half. (At which time the clock will stop.)
8. Coaches must play each player with substitutions taking place during timeouts and dead ball situations.
9. A foul is an infraction of the rules. Fouls will be taken out at the nearest sideline with the exception of technical fouls. (Technical fouls will result in a free throw.) A player who commits a foul will be taken out of the game until the next whistle blows. Fouls will be called in moderation.
10. Flagrant fouls that result in injury will also result in the player who committed the foul being removed from the game. It is highly recommended that the officials enforce this rule, but we also recommend a stern warning of any "rough" play-taking place before an injurious incident occurs. This warning should be given to any and all players involved and to the coaches.
11. Warm-up time will be preceding the game only. Games will start on the hour. Teams will not be allowed to warm up at half time of other games. Teams playing the next game will be given 5 minutes to warm up.
12. Teams must have jerseys and like colors. Players must wear shoes and proper shoes. **No hats, earrings, or jewelry are allowed on the court.**
13. The three second rule will not be enforced, but coaches should make players aware of the rule.
14. There will be no over time during regular season. During tournament play 2 minute overtime for games ending in a tie.
15. The "on-site" coordinator will settle any controversy and that decision will be final.