

3rd-6th Grade Boys & Girls Club Basketball Rules



COACHES ARE RESPONSIBLE FOR THEIR TEAMS IN THE GYM, BE RESPECTFUL OF SCHOOL PROPERTY AND OTHER TEAMS. PLEASE ENSURE YOUR TEAM "CLEANS-UP" AFTER EACH PRACTICE AND GAME! LEAVE IT BETTER THAN WE FOUND IT!!!!

1. **Player Eligibility Rules:** The Boys & Girls Club league is a youth development program to serve as a feeder system to Middle school and Junior High programs. **Eligible players must attend participating schools or live in the participating town/school district.** It is designed to provide a regional competitive league for the community. A reminder to all participants, this is a developmental league.
2. **Player Rosters:** Rosters will be finalized on draft day with no trading allowed. Rosters are created to make the playing field even. Each head coach and assistant coach is allowed a player of their choice. If you are coaching and need your child on your team, that will count as your pick.
3. **Uniforms:** Uniforms will be provided by the Boys & Girls Club.
4. **Home/Away:** The first team listed on the schedule will be the visiting team. The second team will be the home team. The home team will wear white. The **home bench** will be to the right of the scores table (facing the scores table). Each team's basket for the pre-game warm-up will be the basket furthest from its bench. In the end-of-season tournament, the higher-seeded team will be the home team.
5. **Clock Operator/ Score book:** Each team will provide a clock operator/ Score book person, and they will be refunded for volunteering.
6. **Official Game Regulations for ALL divisions:**
 - Four, 8-minute quarters, running clock. The clock stops on free throws or stoppage of the game, or tying of shoes. The clock will also stop during the fourth quarter.
 - Warm-up: Teams will be given a maximum of 10 minutes to warm up.
 - The first overtime period will be 2 minutes played exactly like the last half of the game.
 - Double overtime will be played in a sudden death period - First team to score is the winner. **There is a 3-minute time limit. If no team scores within 3 minutes, the game is counted as a tie.**
 - **EVERY PLAYER MUST PLAY AT A MINIMUM OF EIGHT MINUTES PER GAME, FULL QUARTER. (We have done this in the past, and the score keeper will mark**

on the score sheet which quarter the player played) This will be the easiest way to track playing time.

7. **Free Throws:** Before the last minute of the contest (second half), free throws on **shooting** fouls will be **ONE** shot for **two points**, on regular field goal attempts, and **ONE** shot for **three points**, on three-point field goal attempts.
 - If fouled in the act of shooting and the field goal attempt is successful, the field goal will be counted + **ONE** shot for **one point** will be awarded.
 - **Non-shooting** fouls will be awarded free throws **beginning with the 10th team foul** (which automatically places that team in **Double Bonus**, meaning **ONE** shot for **two points**).
 - Beginning with the **LAST Minute** of play, **the clock will be stopped** on all whistles, and **ALL FREE THROW** attempts will be awarded.
8. **Timeouts:**
 - One time out **each half**: first half time-out not used **can be** carried over to the second half.
 - One time out in **overtime**: no carryover from regulation play. No time out during double overtime/sudden death.
 - **All time-outs will be 60 seconds**
 - **All first-half timeouts not used may be carried over to the second half.**
 - **No time-outs will be carried over to an overtime period.**
9. **Pressing/ Mercy Rule:** Teams are NOT allowed to press over half court with a 15-point or more lead. First violation will be a warning from the official - (this will be recorded in the official scorebook); on subsequent violations, a technical foul will be assessed against the bench. When a team leads by 15 points or more inside the last minute of the second half, the running clock will stay in effect.
10. **Forfeit Games:** Any team that is not present and ready to play, 5 minutes past the scheduled starting time, will forfeit the game. Teams that forfeit a game will be assessed a 10-point loss. The score will be recorded as a 0-10 game.
11. **Tie Break Procedure / Postseason Seeding:**
 - Head to Head
 - Point Differential (15 points max awarded for margin of victory)
 - Total Points Allowed
 - Total Points Scored

12. Defense

FIRST HALF – MANDATORY MAN-TO-MAN DEFENSE

Purpose:

To teach proper defensive fundamentals — individual accountability, help positioning, and communication.

✓ Allowed in the First Half

- **True Half-Court Man-to-Man Defense Only**
Every defender must guard one specific offensive player.
- **Switching on Ball Screens** is allowed.
 - Defenders may switch or **double-team only when a ball screen occurs.**
- **Dribble Handoffs** are treated as **Ball Screens.**
 - Defenders may switch or double-team in these situations.
- **Help and Recover Defense** is allowed on baseline drives, post entries, and direct lane drives.
- **Denying Passing Lanes, Gap Help, and Pack-Line Positioning** are all legal forms of man defense.

⊘ Not Allowed in the First Half

- No **Zone Defenses** (2–3, 3–2, 1–3–1, Box-and-1, Triangle-and-2, etc.).
- No **Intentional Traps or Double-Teams** unless triggered by a **Ball Screen or Dribble Handoff.**
- No **Pressing or Defense in the Backcourt.** Defense begins at **Half Court.**

SECOND HALF – OPEN DEFENSIVE FORMAT

Purpose:

To allow competitive play and introduce advanced defensive concepts while maintaining fairness and development.

✓ Allowed in the Second Half

- Teams may play **Any Defense** (man or zone).
- **Full-Court Press** is permitted, but **only in man-to-man defense.**
 - Each defender must guard a specific opponent — no zone press formations.
- Once the ball **crosses half court**, teams may:
 - **Trap, Double-Team, or Switch Freely.**
 - Run any defensive scheme (zone, hybrid, etc.).

Not Allowed in the Second Half

- **No Zone Presses** (1–2–2, 2–2–1, 1–3–1, etc.).
 - Press must remain **Man-to-Man** if used.
- **If a Team Leads by 15 or More Points:**
 - They must **Drop Back into Half-Court Man-to-Man Defense**.
 - No pressing or trapping until the lead drops below 15 points.

13. Boys & Girls Club Conduct Code and Consequences for Violation: The Boys & Girls Club League seeks to foster a safe, positive, and enjoyable sports experience in which players, coaches, officials, and fans respect and appreciate each other. Guests will be treated professionally and courteously by all Boys & Girls Club Staff. We expect that same courtesy to be reciprocated.

- 14. Fans/Coaches:** who engage in fighting, throwing objects or making a personal threat to harm another person or use foul or abusive language, personal verbal attacks, and obscene gestures targeted toward officials, opposing fans, opposing coaches, opposing player, or staff members - this includes coming out onto the court during or following a game and confronting or threatening an official, coach or player in an aggressive - negative manner - may be subject to any or all of the following consequences:
- **Immediate ejection from the facility**
 - **Technical foul or multiple technical fouls are being assessed to the violating team**
 - **Violators will be banned from attending any games for the rest of the season and postseason**
 - **Player Flagrant Foul: (unacceptable behavior/conduct)...** violent in nature, fighting is a flagrant foul...
 - Immediate player ejection is mandatory for a player's flagrant foul. Can be either personal or technical in nature...
 - i. **Coaches/Teams/Players:** Technical foul(s) that are assessed immediately after a contest is finished will be carried out by the following procedures
 - ii. - Implementation of the technical foul(s) will take effect in that team's next game. For instance, in the next game, the opposing team would execute 1 for 2 free throws for each technical foul assessed and receive possession of the ball at mid-court.
 - iii. The technical foul(s) will count as one of the two technical fouls toward the head coach or player ejection rule.
- 15.** 5th & 6th Grade will follow NFHS rules. Full Basketball, no restrictions.

THE HEAD COACH IS RESPONSIBLE FOR THE ACTIONS AND BEHAVIORS OF THEIR FANS AS WELL AS THEIR ASSISTANT COACHES AND PLAYERS. HEAD COACHES CAN AND WILL BE PENALIZED FOR THEIR FANS' NEGATIVE ACTIONS. HEAD COACHES ARE

EXPECTED TO ADDRESS THEIR FANS IN A TIMELY FASHION IF AND WHEN THEIR FANS MAY BE IN VIOLATION OF NWA BASKETBALL RULES DURING A CONTEST.

The **League Director** may modify the League Rules when the League Director deems it in the best interest of the league/tournament to do so, and all teams will be bound by any such change

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