

## Livingston Youth Basketball: 4th Grade

### Official Rules and Regulations

Here are the rules for the AND ONE youth recreational basketball program sponsored by the Livingston Recreational Department:

#### **Time:**

Games are 2 - 20 minute halves. Clock will run continuously until the last minute of the first and second half.

There will be a 2-minute break between halves. The clock will stop:

- a. For time-outs.
- b. Injuries to participants.
- c. The final minute of the 1<sup>st</sup> and 2<sup>nd</sup> halves.
- d. Every five minutes when substitutions are made.

Teams will have one 60 second time-out per half.

Time outs cannot be carried over from one half to the next. Only the coach can call a time-out.

In the event of a tie score at the end of regulation, one 2 minute overtime period will be played.

A jump ball will determine possession.

There will be no time outs in overtime and the clock will stop in the last 30 seconds.

If the game remains tied after the overtime period the game will be extended and the first team to score will win.

Possession will be determined by a jump ball.

## **Playing Time and Substitutions:**

Coaches are responsible to make sure all players on the team play at least half of the game. **The exceptions would be if an injury occurred.** Substitutions must occur every five minutes. Please remember **that substitutions are not Time-Outs.**

## **Defense:**

Teams may play man or zone half-court defense.

**No PRESSING EXCEPT the last 2 minutes of the game. If a team is up by 10 or more they cannot press.**

All shooting fouls will result in foul shots.

Non-shooting fouls will result in the fouled team receiving the ball out of bounds. **All Non shooting fouls under 2 minutes will be a 1 and 1 FT**

## **Miscellaneous Rules:**

All games will start with a jump ball.

Teams will switch directions at half.

Games will only start if both teams have at least 4 eligible players.

Any type of abusive action or language will result in a suspension from that game and the next game.

Fouls will not be tallied, but all referees have the right to ask a player to sit due to excessive fouling or assess a technical foul.

Coaches, line up both teams during substitutions so you can match players up for defensive purposes. **Please do this quickly so we can stay on schedule.**