

Vernon Parks and Recreation Department
Girls & Boys Grades 3 & 4

REMINDER:

- High school federation rules apply unless specified as an in-house rule.
- Official scorebook is maintained at the scorer's table
- Coach or player ejection penalty: Minimum ONE-game suspension.
- Concussion Awareness: Parents are responsible for the safety and wellness of their child. If you feel your child has a concussion or any other issue, inform the coach immediately. The player should be removed from playing. If a concussion did occur and the child is under a doctor's care, a note from the doctor is required to allow the player to return to play.

PLAYING RULES

- Game will have four - 8 minute periods, 1 minute between quarters, and 2 minutes for half-time.
- Clock stops for timeouts, foul shots, and substitutions throughout the game. EXCEPTION: Game clock stops on all whistles during the last two minutes of the fourth period.
- Substitutions are completed at the mid-point of each quarter. This is not a time-out.
- Defense: person to person or zone is allowed in all quarters. There is no double teaming. One player cannot be assigned to defend the ball.
- No full court defense. Defense should allow the offensive player with the ball to establish in the front-court.
- Defense may not attempt to steal the ball from an offensive player once they have established possession. The ball can be stolen while in the air during a pass. Starting in February, defense can steal the dribble inside the 3-point line only.
- No double teaming.
 - When playing person to person a defensive player must attempt to stay within five feet of their assigned player. If a defensive player is "beaten" off the dribble (past the defender) a defensive teammate may pick-up that offensive player.
 - When playing zone the defense players must shift appropriately. One defense player cannot follow the ball.
- Overtime period is limited to one, 4 minute period. The players who started the game play this period. Clock stops on all whistles during the last two minutes.
- Player rotation sheet should be completed/maintained and adhered to by coaches for each game
- NO "CLEAR OUTS – NO ISOLATION PLAYS.
- Timeouts: two per game per team.
- Ball size is 27.5
- Players will shoot foul shots from a designated spot closer to the basket. There are no penalties for crossing the line after release.
- Teams with a fifteen point lead must drop back behind the 3-point line to defend.
- Points will not be recognized on the scoreboard for teams that have a fifteen point lead
- Only head coach can stand to coach during the game
- If coach receives a technical, all coaches for that team must sit for the remainder of the game. Second technical fouls and they are ejected and cannot coach the next game.