

3rd-4th Grade Girls Basketball Rules & Regulations-2023

Riverdale, South Ogden, South Weber, Washington Terrace, & Ogden Valley

Rules used are the National federation High School rules except where changed by the Recreation Departments involved in the league (see below.)

Grade:	3rd/4th Grade Girls
Ball/Hoop:	28.5 inch Ball, 9ft hoop, 12 ft foul shot
Clock:	18 Minute Halves- Running Clock. Clock will only stop on Injuries and Time-outs until the final 2 minutes of each half (on every whistle).
Time Outs:	Two (2) 30 second time-outs per half. Time-outs do not carry over from the 1 st to 2 nd half.
Score:	NO 3-POINT BASKETS. All baskets will count as 2 points. The front, top, bottom, and sides of the basket are in-bounds. The back of the backboard, as well as the structure holding the backboard are out of bounds. 20 point lead- Score will not be shown on scoreboard, game will go to a running clock. **Clock will only stop for time outs or if the team gets within 20 points.**
Press Rule:	No full court press or back pressure is allowed. The defense must allow the offensive player to cross the half court line before defending. Repeated violations can result in technical foul. Once a team is ahead by 15, that team must go back to half-court defense. Defense must let the offense cross over half court line. Five (5) seconds allowed in the key on the offensive end of the floor. We encourage coaches to pull their defense back to the 3-point line when ahead by 20 points
Overtime:	3-minute over-time period, begins with jump ball. Running clock. Clock will only stop on every whistle in the last minute of overtime. Each team will get ONE (1) time-out. Time-outs do not carry over. If game is still tied after over-time, the game will end in a tie.

We strongly encourage that each player plays as much as possible each game. Each player must play at least half the game. Please substitute all players equally. Teams will not be allowed on the court until their scheduled game time. If time allows, a warm-up period will be given to each team. Players may only play on one team per division.

TECHNICALS (Applies to Coaches, Players, & Parents): Any player who receives a technical foul will be required to **sit out for five minutes**. Two (2) technical fouls given to a player for unsportsmanlike conduct will result in ejection from the game and suspension from the next scheduled game. Anyone who has received three (3) unsportsmanlike technicals will be suspended for the remainder of the season. League director has absolute autonomy to enforce or negate any suspensions.

COACHES: Only ONE (1) coach may stand while the game is in progress. All other coaches must remain on the bench. If two coaches are off the bench complaining to officials, a technical foul may be called. If a **coach is given a technical foul**, ALL coaches must remain sitting for the remainder of the game.

FORFEITS: The game may start with 4 players but must have a 5th player by the end of half time or it will be considered a forfeit. Game time is forfeit time, no grace period. Players cannot be added to your roster after the 3rd game of the season.

DRESS: Jewelry of any kind, watches, and shorts/pants with pockets are not allowed.

SPORTSMANSHIP: Good sportsmanship is expected from all. Coaches and parents are encouraged to always be positive and supportive. Teams, players, coaches, fans are evaluated for sportsmanship each game. Help make this a good, fun experience for all. Spectators are not allowed to use noise making devices. **NO FOOD OR DRINK IN THE GYM.** Snacks must be given outside of the gym.

If you have any questions or concerns, contact your league director:

Riverdale- Baylee: 801-621-6084 **South Ogden-** Julianna: 801-622-2950 **South Weber-** Curtis: 801-476-4445
Washington Terrace- Carlos: 801-395-8293 **Ogden Valley-** Bryan: bryan@cbiins.com