

Sandwich Youth Basketball – Rules and Guidelines

Grade 3 & 4 (INITIAL)

Each team will have a combined practice/game each Saturday. Two teams will share a gym and have an approximately 25 minute practice using half of the gym each. A game will be played during the second half hour. A single Referee will officiate the game. If the day's schedule is running behind, the timekeeper shall coordinate with the referee to adjust the length of the practice session to ensure the game finishes on time at the top of the hour.

Playing Time & Rules

1. The games will be played using four (4) 6-minute running time quarters with 1-minute between quarters.
2. ALL players must play a minimum of 2 full quarters (12 min) per game. (Assuming a max of 10 players per team)
3. NO PLAYER may play more than one shift more than any other player.
To ensure balanced playing time, use of the SYB Player substitution grid is required. Grid is available at www.sandwichyouthbasketball.org under the In Town Rec League Tab.
4. NO running score is to be kept during any game. Please discourage the keeping of the score by the players or parents!

Substitutions

1. Substitutions will only be allowed every 3 minutes (with an exception made for injuries). The referee will attempt to stop play as close to the 3:00 minute mark each quarter to bring substitutes in. **All players on the bench must be substituted into the game. *This is not a time-out and your players should be ready to step onto the court and play.***

Defense

1. Man-to-Man defense only, all players must maintain a closely guarded position (within 6 ft) of their man while inside the 3-point arc. NO Double-teaming of the ball is allowed
2. NO full court defense at any time. Defense begins at half court.
3. NO STEALING OFF THE DRIBBLE AT ANY TIME. This rule includes the deliberate attempt to force the dribbling player to lose his/her dribble by the defensive player. Making contact with the ball with any part of the defensive player's body in a deliberate fashion will constitute a violation of this rule.

The coaches are to maintain order during games; players not in the game are to remain on the bench.

Games must end on time to maintain the schedule for the entire day's games. If your game seems to be running long the referee may end the game prematurely.