

**CANTON FAMILY YMCA & FARMINGTON YMCA PROGRAM CENTER**  
**3<sup>RD</sup> & 4<sup>TH</sup> GRADE YOUTH BASKETBALL RULES**

1. All games will begin by all players and coaches reciting the Youth Sports Pledge and end with teams shaking hands.
2. Each player will play at least one half of each game. In case of teams with more than 10 players, playing time should be as equal as possible.
3. Half court Man-to-Man defense will be played during the first half, and half court zone defense will be allowed during the second half.
4. Half Court defense will be played until the last 2-minutes of each half. Then Full Court defense will be allowed, as well as fastbreaks. If a team is up by 15 or more points, the leading team must drop back into a half-court defense with not fastbreaks.
5. Alternate possession rule.
6. There are no 3-point shots.
7. Five (5) second lane violation.
8. All Fouls & Violations, i.e., double dribble, traveling etc., will be enforced, except for over and back. Players may set screens at the top of the key. Coaches must teach proper way. **No screens in the paint.**
9. Players will sit after their 5<sup>th</sup> foul.
10. 20-minute continuous running clock halves, except for the last 30 seconds of the first half, and the last 1 minute of the second half.
11. A 3-minute half time will be allowed. Keep play moving as to keep each scheduled game on its scheduled starting time.
12. 2 time-outs per half, 30 seconds in length, no carryover from first half.
13. Free Throws will be shot from the regulation Free Throw Line, 10' baskets and intermediate size basketballs will be used. ***A secondary Free Throw Line will be taped inside the regulation line for those who need to shoot from a closer distance.***
14. All referee's decisions are final.
15. There will be no overtime. Games can end with a tie score.
16. Each team furnishes a parent to help run the score table.
17. **Because we are playing full regulation court, players will be allowed to fast break. However, if a team gets up by 15 or more points, they will no longer be able to fast break.**