**GRADE 3-4 North Hunterdon Basketball League Updated 1-04-2023**

**RULES**

All coaches are to meet with the referee at the scorer’s table prior to the start of every game to make sure

everyone is clear about the rules and to bring up any particular issues that may pertain to that game***; i.e.***

***some has a kid on the team with asthma and he or she cannot play the required half game per player as***

***per the rules*,** or agree on how to handle any player who needs to jump over the foul line to reach the

basket, etc. This will be a good time for refs to make sure coaches understand the technical foul and bench

rules. Home court Commissioner is encouraged to attend this discussion. ***The purpose of this rule is to***

***promote good sportsmanship***. This session at the scorer’s table is meant to be a very brief meeting and in

no way should these discussions get so elaborate that they are delaying the start of a game.

Games will not start until there are individuals (from the home gym) to sit at the scorer’s table

to maintain the book and clock. In addition**,**

**PLAYING TIME & SUBSTITUTIONS**

• The game will consist of four 8-minute quarters. At the **home court Commissioner’s**

**Discretion**, one or both quarters of the second half may be reduced in duration to accommodate

time requirements.

• All players must play at least ½ game – 16 minutes.

• All players must sit for a minimum of 4 minutes during a game, unless a team has 5 players or less

• Player substitutions will be made near the 4-minute mark of each quarter. In order to keep the

game moving, coaches should have their substitutions ready prior to the 4-minute mark of the

quarter.

• Players should take a knee at the score table, if possible, until called in by the referee.

**TIME OUTS**

• Two one-minute time out per team will be allowed per half. Time-outs may be used at the coach’s

discretion

• Overtime – One minute time out per team,

**CLOCK STOPPAGE**

• Stoppage of the clock occurs with the following:

- **Referee whistle - All fouls - All out of bound plays - Any injury**

**FOULS**

• Personal Fouls will be kept. Players will be allowed 3 fouls per half. After the 3rd foul in the first

half, that player must sit until the start of the second half. After the 3rd foul in the 2nd half, that

player must sit for the remainder of the game, including an overtime period, if time permits.

**Technical Fouls (coaches only):**

• 1st technical foul: coach will be warned, and possession goes to other team

• 2nd technical foul: Player or coach is out for the rest of the game and the next game. possession goes

to other team.

• If a coach is ejected from a second game, they are eliminated from the remainder of the

Season

**PENALTIES**

• The offensive team is allowed 10 seconds to get ball over half court.

• The 5-second rule in the key is in effect.

• 5 seconds for inbound plays.

• 5 second rule in effect for holding the ball when a player is not using dribble.

• Passing from frontcourt to backcourt will result in a turnover, except in inbound passing

**BACKCOURT DEFENSE**

• No backcourt defense – the defense must allow the offense to get the ball across half court.

**MERCY RULE**

• A ***Mercy Rule*** will be enacted any time a team is winning by 20 points or more. The leading team

will not be able to double team and is ***expected*** to slow the pace and intensity of the game**.**

**OVERTIME**

• Any games tied at the end of regulation will go into overtime IF TIME PERMITS.

• Overtime will be consisting of one (1) 4-minute overtime period.

• If the score remains equal at the end of the overtime period a tie will be awarded

• Personal fouls from the 2nd half of play carry over into Overtime**.** If a player has 3 fouls in the

second half, he/she is not eligible to play in overtime OR if a player gets his 3rd foul during

overtime play, he is out for the remainder of the overtime period.

• One 30-second time out per team **MAY** be allowed at home court Commissioner’s discretion

**GENERAL RULES**

• The general rules of basketball will apply with consideration given to the age and skill level of the

players

• Tip off at start of game. Possession arrow will determine who inbounds the ball for the 2nd, 3rd,

and 4th quarters.

• Players occupying marked spaces along the free throw lane will be allowed to enter the lane once

the ball is released by the free throw shooter, free throw shooter must wait for ball to hit the rim or

backboard before entering the free throw lane

• Alternating possession arrow in effect.

• 3 point shots will be allowed**.**

• Double-teaming is not allowed anywhere, except in the “paint”.

• Games may be played on ½ OR full court based on home court Commissioner’s

Discretion

• A team must start with 5 players. In the event the 5th player fouls out of the game, with no

additional players on the bench, the team can play with 4 players. If another player fouls out,

leaving 3 active players, the team must forfeit.

• If a team missing player, additional players may be added to the roster, but must come from

another team of a lower grade level (from same town). Any team using players called up from a lower level may not have a roster of more than 7 players at the start of the game. If a team cannot start the

game with 5 players, it forfeits the game.

• A 28.5 in ball will be used

• Ten foot baskets will be used

• Only 2 coaches are allowed on the bench. Only 1 coach is allowed to be standing at any given time.

***We must make sure all gyms are refereed the same way. This is a developmental league. NO PLAYOFFS. If a player travels or double dribbles this will not be an exchange of possession. The referee at this age level will stop the game and explain to the player what they did wrong and the team that committed an error will remain with the ball. Fouls are Fouls.***