



## YOUTH BASKETBALL GUIDELINES: 3<sup>rd</sup>/4<sup>th</sup> Grade

The playing standards and rules below are guidelines and recommendations for Carbon Valley Parks and Recreation District youth basketball leagues. These rules, guidelines, and recommendations follow USA Basketball and NBA standards.

### EQUIPMENT & COURT SPECIFICATIONS

Topic	Recommendation
Size of Ball	Boys and Girls 28.5"
Height of Basket	9'
Free-Throw Line	14' (taped line)
3-point arc	Not applicable

### GAME STRUCTURE

Topic	Recommendation
Number of players on a court	5-on-5 format will be used at this age
Game Length/Clock Stoppage	Four 8-minute periods <ul style="list-style-type: none"> <li>• Clock stops on any dead ball</li> <li>• 3-minute half time</li> <li>• No bonus period, games can end in tie</li> </ul>
Time Between Periods	1 minute
Scoring	<ul style="list-style-type: none"> <li>• Free-Throw: 1 point</li> <li>• All field goals: 2 points</li> <li>• NO 3-point field goals</li> <li>• Scoreboard will be turned off if a team is 20+ points ahead</li> </ul>
Timeouts	Two 60-second timeouts permitted per half
Start of Game Possession	Jump ball
Substitutions	Teams can sub on any dead ball or new period

### GAME TACTICS

Topic	Recommendation
Playing Time	Equal playing time
Set Defense	Only player-to-player defense throughout the competition



<b>Pressing Defense</b>	<b>Pressing is not allowed throughout the competition</b>
<b>Double-Team/Crowding</b>	<b>Double-team/crowding is not allowed throughout the competition</b>
<b>Stealing From Dribbler</b>	<b>Stealing from dribbler is allowed at coach's discretion</b>

## OFFICIALS/GAME PLAY RULES

Topic	Recommendation
<b>Officials</b>	<b>1 official per game</b>
<ul style="list-style-type: none"> <li>• <b>Backcourt Timeline</b></li> <li>• <b>5 Seconds closely guarded</b></li> <li>• <b>5 Seconds in the key/lane</b></li> </ul>	<b>No - backcourt timeline</b> <b>Yes – 5 seconds closely guarded &amp; 5 seconds in lane</b>
<b>Player Fouls</b>	<b>5 fouls per player</b>
<b>Team Fouls</b>	<b>7 fouls; 1 and 1 bonus awarded</b>
<b>Technical Fouls</b>	<b>2 points and possession awarded to the offended team. (no shooting)</b> <b>The offending player must sit out for the rest of the game.</b> <b>Any coach receiving a technical foul will be ejected and (possibly) suspended from the next game. (decided upon by league supervisor)</b>
<b>Free Throws</b>	<b>Yes, for bonus and shooting fouls</b>
<b>Jewelry</b>	<b>NO jewelry allowed</b>

## DEFINITIONS

### Player-to-Player Defense

- Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball.
- The defensive player must stay on the same side of the court as the offensive player, divided by the rim line.
- If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.

**Pressing Defense:** Defensive guarding, either on or off the ball, within the backcourt.

**Double-Team/Crowding:** Two or more defensive players guarding a single offensive player.



**CARBON VALLEY**  
PARKS & RECREATION DISTRICT



## RATIONALE

**Height of Basket:** Utilizing a lower basket height allows children to develop proper shooting form and increases the opportunity for shooting success.

**Size of Ball:** A smaller ball allows for better control and success.

**Timeouts:** Managing the way timeouts are called allows for better game flow and decision-making by the player(s).

**Double-Teaming:** Double-teaming/crowding the ball with multiple players is not allowed due to skill and size discrepancies at these ages.

**Playing Time:** To ensure that all young children participating in the sport have an opportunity to experience the game, equal and fair playing time is recommended.

**Pressing Defense:** Pressing defense is prohibited to help children develop principles of movement with and without the ball in a half-court setting.

**Set Defense:** The player-to-player requirement encourages physical activity and movement and promotes the development of individual skill related to guarding a player both on and off the ball.

**Stealing from the Dribbler:** Players are allowed to steal the ball from an active dribbler at the coach's discretion.

**Backcourt Timeline:** Not having a timeline violation allows coaches to communicate with players before they reach half court. This assists coaches in teaching children, particularly for those first learning the game.

**Clock Stoppage:** Fewer clock stoppages allow for better game flow.

