

# Grimes Parks & Recreation Department

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[www.grimesiowa.gov](http://www.grimesiowa.gov)



## Grades 3-4 Grimes Rec Basketball League Rules

1. Scorekeepers, Facility Supervisor, and Officials staffed by the Grimes Parks and Rec. are on hand to supervise the program on Saturdays for games/practices.
2. 9-Foot Baskets and 28.5 sized Grimes Rec Basketballs are used.
3. Play full court but half court, man-to-man defense only. No zone/trap defense.
4. Can only take ball away in the lane. Play defense with your feet- No reaching in and taking ball away. You can block a shot and steal a pass.
5. Each team is allowed a 10-minute warm-up when game is over beforehand generally starting at 10 after the top of the hour. Jump ball starts the game, alternate possession after. Game consists of 2 20-minute halves with a 3-minute halftime. Running Clock. The clock stops during the last minute of the second half only & during time-outs/injuries unless score is more than 15 point spread.
6. No Double Teaming unless in the lane. Refs are to call this. Help defense or switching is allowed as long as teammate recovers quickly back to their person.
7. Everyone plays the same amount of time and sub every 5 minutes. No 3-point goals are counted.
8. Free throw line is approx. 12 feet. Shooting fouls- one foul shot is shot for 2 points. On 10<sup>th</sup> team foul, same thing. Players can foul out at 5 fouls.
9. Two timeouts allowed per half (approx. 30 seconds). If teams need another TO for resting purpose (if they only have 5 players), then refs will allow.
10. Please make sure all players and coaches shake hands after the game is over.
11. Score will be kept. If a game becomes lopsided (more than 20-point lead), the scorekeeper will stop keeping score but will continue to keep score on their own paper in case game becomes less than 20 points again.
12. OT is Sudden Death. Tip Ball and then first team to score wins.

**SPORTSMANSHIP IS STRESSED AMONG PLAYERS, COACHES AND FANS.**