



# **Randolph Recreation Youth Basketball Game Rules**

## **Grades 3/4 (U10)**

Follow all National High School Federation rules with common modifications for this age group

Ball – 27.5”

Free Throw line – 14’ (One step in if needed)

Three point line – not applicable

Basket height – 10’

### **(1) Length of the Game**

- All games will be four, (6)-minute quarters with a stop clock. The clock will stop on dead balls and free throws.

### **(2) Time Outs**

- Time outs will be 1-minute in duration. Each team will have (2) time outs per half and (1) in overtime. Time outs do not carry over into the second half or over time.

### **(3) Back Court Press**

- No back court press. (Players may begin defense at the bottom of the center circle.)
- Teams must play man-to-man defense. No zone.

### **(4) Free Throws**

- Two free throws will be awarded for a common foul beginning with the team’s fifth foul in each quarter and resets the fouls at the end of each quarter.

### **(5) Playing Time**

- All participants must play the close to the same amount of time as all other participants. (If you have 10 players that is almost two full quarters per game). Coaches can substitute during anytime the clock is stopped.
- Each player must check in with the scorekeeper and remain at the score table until official waves the player into the game or the scorekeeper buzzes them in.
- To be eligible to play, all players must be officially registered through Randolph Recreation and must also have a Medical Release Form on file. For liability reasons, at no time is a non-registered child allowed to participate in practices or games.

### **(6) Overtime**

- If a game is tied at the end of regulation time, one two-minute overtime period will be played with a stopped clock. Each team will receive one time out. If the game is still tied at the end of overtime, the game will remain a tie.

**(7) Protests**

- Protests are not allowed. Problems must be solved before the game continues, keeping the focus on participation vs. competition. Recreation Staff will make all final decisions.

**(8) Forfeits**

- Should a team have less than four players, the opposing team will lend a couple of players and a scrimmage game will take place for practice and fun.

**(9) Keeping Score & League Standings**

- Score will be kept for each game. To stress the importance of our philosophy of learning & fun as #1 (the importance of building self-esteem, good sportsmanship, fair play, healthy exercise, and teamwork), no league standings will be kept.

**(9) Spectators**

- Children must be closely supervised and are not allowed under the bleachers. Recreation Department equipment must remain inside the gym at all times. (Spectators and players are not allowed to take balls outside.) No food or drink allowed in the gym except clear, plastic water bottles.

**(10) League Rules**

- Randolph Recreation reserves the right to make any and all final decisions concerning league rules & policies.
- All coaches must remain in coach's box
- Only one coach may stand at a time

**For any questions for the Recreation Department**

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