

BONNY EAGLE BASKETBALL - 3 / 4 GRADE LEAGUE

RULES OF PLAY

DEFENSE:

- Only man to man defense is allowed - no zone defense, double teaming or trapping. Playing help side defense and switching defenders is a fundamental aspect of basketball and is allowed throughout the game.
- When a player advances the ball into the paint area, double teaming is allowed.

PRESSING:

- No pressing allowed at all throughout the game

OFFENSE:

- Isolation or spread offenses, which promote one-on-one play, may be used on a limited basis and should not be utilized as your primary offensive set. The goal of the league is to strengthen the basketball skills of all participants.

FREE THROWS:

- Players must start behind the line on free throws but may jump over the line during their shot.

WHITE LINE/KEY AREA RULE:

- The offense will have 15 seconds from the point of possession to advance the ball past the “white line.” The “white line” is clearly marked in the George E Jack gym and is about a foot beyond the top of the key. At Buxton Elementary, use the hash marks after crossing half-court.
- During the initial 15 second period, the defensive team must honor the “white line” by not crossing this line (or imaginary line) and defending the offensive player beyond that mark.
- However, once the ball is advanced past the “white line” or the 15 second time period is exceeded, the defender is allowed to play his man at any point in the half court area.

TIME OF GAMES:

- Game times are four 12-minute running time periods. The clock will only stop to allow for substitutions and during the final minute of the game or for injuries etc. Coaches should substitute in accordance with the fair play rule below in order to balance playing time.

FAIRPLAY:

- Each coach will make their best effort to maximize the amount of playing time for each player. Opposing coaches will meet prior to the start of the game to determine the most appropriate

match-ups for the game and strive to provide as evenly matched teams on the floor throughout the game.

- Under no circumstances should the ability of a player be discussed in front of players or parents.
- No individual player may play more than 12 consecutive minutes during a game unless the team is unable to field 5 players without a player playing more than 12 consecutive minutes.

OTHER RULES, ISSUES, or CONCERNS:

- All other traditional basketball rules apply
- Only 1 coach may stand during the game and must remain on the half of the court where their team is sitting.
- Any issues or complaints should be worked out between the coaches or brought to a league official