



3rd & 4th Grade Girls Rules

General Rules:

- All games must start on time, any changes of game times must be approved by the league commissioner.
- If a coach is aware that the team will have less than 5 players before game days on Saturday, he/she needs to notify the league commissioner.
- There will be a 15 minute grace period if a team does not have 5 players. Once that 15 minute grace period ends the game will be cancelled. The league still encourages both teams to use their gym time and play even if that requires one team to lend a player to another team in scrimmage format.
- The league will guarantee at least one referee and one score keeper per game. The score keeper is responsible for the game clock and NOT responsible for keeping a team's score book, that is for a coach or parent to keep track of.
- Every team is supplied a ball (junior size) and it should be brought to every practice and game.
- Coaches are responsible for the decorum of their team, this includes assistant coaches, parents and most importantly players. Good sportsmanship must be taught and displayed at all times. Any person who abuses this may be ejected from the gym and potentially barred from attending further games.
- Players should NOT bring basketballs to games, coaches should ensure that 2-3 are provided for their team.

- Players who are registered with the Syosset Basketball League (SYOBBALL INC) are only players who are eligible to play in games.
- Our 3rd and 4th grade league is composed of 8 and 9 year old girls. It is our desire to have each coach assume the responsibility of teaching their players, about the game of basketball and about good sportsmanship. Players are to play at the best of their ability and coaches should attempt to make sure each player scores during the season.
- Coaches will have some latitude in addressing referees. Calls are allowed to be questioned and explanations are allowed to be requested. If at any point a coach becomes abusive of a referee, it is up to the discretion of the ref to award a technical foul, eject the coach from the game, giving the opposing team two foul shots and possession of the ball. At this level, players are not permitted to argue calls with officials. If coaches, parents and players are unable to follow these rules, the person involved will be subject to ejection, other possible violations given from the SBL Administration.
- A player must play in 50% of her regular season games to be eligible to play in the playoffs. The commissioner can make an exception(s) to this rule if there was an injury situation or other circumstance. The commissioner shall have full discretion in this regard.

Game Rules

- The length of each game will be eight (8), four (4) minute periods. Halftime will occur after the fourth (4th) period and last 2 minutes.
- If the score is tied at the end of regulation, a 3 minute overtime period will occur. 3 minute overtime periods will continue until a winner is determined.
- The game begins with a jump ball and alternating possessions will occur for the rest of the game when determining possession

for jump balls, and beginning of periods. Overtime periods require a jump ball to start.

- Players and coaches will line up for the end of game, to acknowledge both teams and officials hard work and offer good luck for the remainder of the season. Teams will not embrace or shake hands due to COVID-19 protocols.

- **NEW RULE**

Upon crossing half court, the offensive player will have 5 seconds to pass the "green" line and start their offense. Defense cannot guard a player between the half court line and green line (safe haven area) during that time period. The purpose of this rule is to give the offense an opportunity to run their offense and/or plays. For the 8th period and any overtime, there is no safe haven area to set up the offense. In the 8th period and overtime, the defense can guard up to half court. This intent behind removing the safe haven in the 8th period and overtime is to remove any clear "stalling" tactic. The safe haven rule also does not apply on fast breaks as any defensive player can guard an offensive player on a fast break in the safe haven designated area.

Periods of Play

- This is an intramural league and all efforts to ensure equal play time are required. A team that arrives with more players, is never penalized for this, and should not have to play their top designated players less than the other team. **This only applies to the top two players designated as such with Divison Commissioner.** If one or both of the top two players are not present, the opposing team will have the option to match their players up according to the teams top players present. (Example: If a team with 8 players is missing their top two players, the team with 10 players must play every player 4 periods each. Example 2: If a team with 8 players has 1 top player present, an opponent team with 9

players can match up to play one of its top players 5 periods).

Prior to games starting, coaches should discuss with each other who the teams top two players are. The following schedule should be used in determining playing time depending on the number of players each team has present.

- If both teams have 10 players, every player plays 4 periods each.
- If a team has less than 10 players, there should never be more than a 1 period discrepancy between players, unless there is a matchup situation (Example: a player cannot play 4 periods, and another player plays 6, with the exception being a matchup situation).
- Players must play a minimum of one (1) period each half.
- Coaches are required to have lineups prepared in writing before the game.
- EXCEPTION TO THE BELOW CHART: If both teams have 9 players and each has only one Top 2, the present Top 2 for both teams can play 5 periods, instead of 4 periods. If either team has both top 2 players present, this EXCEPTION is inapplicable.

Players at Game	Periods to be Played	Top 2 Players Play
11	4 play 3 periods 7 play 4 periods	4
10	10 play 4 periods	4
9	5 play 4 periods 4 play 5 periods	4
8	8 play 5 periods	5
7	2 play 5 periods 5 play 6 periods	5
6	2 play 6 periods 4 play 7 periods	6

Substitutions

- There are NO substitutions made during periods 1-7, unless a player is injured. If a player enters the game for an injured player, and plays more than 2 minutes, that player will be charged with a period and the injured player will not. During the 8th period, substitutions can be made for any player as long as all players have met their minimum periods played. The 2 minute rule regarding playing time only applies to situations where a player is injured. It does not apply to an 8th period substitution and cannot be used to circumvent playing time rules.

Defense

- Man to man defense must be played, zone defense is not allowed.
- As a general rule, there is no double teaming of the basketball and/or any player. However, another defender can help on defense under the following circumstances:
 - Player(s) are on a fast break
 - When a pick is set, the defender guarding the ball and the player setting the pick may guard the ball for as long as both offensive players are involved in the pick play.
 - If a double pick is set, three players are permitted to guard the ball as long as the three players are involved in the pick play.
- All defenders must be within guarding distance of the person they are guarding. A defensive player on the weak side does not need to closely guard an offensive player situated at or behind the three point line. The defensive player, however, must be in a guarding position, as determined by the ref, where she can recover to guard the offensive player and cannot "sag" into the paint.
- Defenders are allowed to swipe at or steal the ball while defending their person if an offensive player is dribbling or driving in their defensive area.

- Defensive players can switch defensive assignments.
- Any violation of the defensive rules, will result in a warning and an explanation and teaching from the referee. If the violations continue and no effort is being made by the coach to fix it, the official may award a technical foul.

Lining Up for Periods- The HOME team will send its players to center court first for periods 2,4,6 and 8. The AWAY team will send its players to center court first for periods 1,3,5 and 7. The team that sends its players to center court first cannot make any changes to its lineup once the second team sends its players out. Should the game go to overtime, the AWAY team sends its players to center court first.

Offense:

- Teams are allowed to set one or two man picks, three man picks are not allowed.
- The "3 second rule" will be enforced softly with a warning and explanation done by the referee the first time.
- Violation of offensive rules will result in loss of possession.
- All players must be within the flow of the offense. A player cannot be purposely placed outside of the flow of the offense to create isolation plays or opportunities, as it is not within the spirit of SBL. The defensive guarding rule does not apply to a defensive player who is guarding a player who is not in the offensive flow of the game. This defender cannot play a zone, but does not need to closely guard the offensive player outside the flow of the offense. Coaches will be warned on the first offense and may be subject to a technical foul for repeated offenses.

Scoring:

- A player can score up to 15 points for the game, unless the game goes into overtime, where the player will be allowed to score more, with no limit.
- If a player has 14 points, only 1 point will be counted if they score. In the case of foul shots, if a player scores his 15th point

on the first shot, another player who is on the court will be permitted to take the second shot.

- The foul line will be 1 foot closer than the normal foul line, and players are permitted to jump over the line when shooting foul shots. A player shooting a foul shot from a closer distance cannot rebound her own miss unless another player has already touched the ball.

Fouls:

- Shooting fouls result in 2 foul shots.
- Each team is allowed six (6) fouls per half, on the seventh (7) foul the team will shoot a 1 and 1 and continue this until the tenth (10) team foul has occurred, when the team will receive 2 shots.
- Non-shooting fouls will be charged as personal fouls for the player and a team foul for the team.
- Players are each given 5 personal fouls for the game. If the player fouls out, they must continue to play if they have not met their minimum number of periods. They are not permitted to score or foul. In the case that a fouled out player commits a foul, the opposing team will receive two (2) technical foul shots and possession of the ball.
- If a player fouls out, but has already completed his minimum number of periods then he will have to leave the game. If he fouls out in his last period he must play, he must finish the period.
- All technical fouls result in two (2) foul shots and possession of the ball.
- Technical fouls count as a personal foul and a team foul. In an overtime game, the foul situation does not reset, but carries over into the overtime period.

Clock Management:

- In the final minute of the game the clock does not start until the ball crosses half court. This rule applies anytime the ball must be thrown in from out of bounds. The clock continues to run when the live play occurs such as a steal or rebound.

Timeouts:

- Each team gets four (4) timeouts per game for regulation time.
- Each team is awarded one (1) additional timeout if the game goes to overtime.
- Unused timeouts from regulation are not carried over into overtime.
- If a team calls a timeout but does not have any left, a technical foul will be assessed, resulting in two (2) foul shots and possession.

Overtime – In the event of a tied score at the end of regulation time, three (3) minute overtime periods will be played until a winner is determined. Only eligible players can play in overtime. A player who has fouled out is not eligible to play in overtime.