GRADE 3-4 North Hunterdon Basketball League Rules

Updated 11-23-2027

All coaches are to meet with the referee at the scorer's table prior to the start of every game to make sure everyone is clear about the rules and to bring up any particular issues that may pertain to that game***; i.e. someone has a kid on the team with asthma and he or she cannot play the required half game per player as per the rules*****,** or agree on how to handle any player who needs to jump over the foul line to reach the basket, etc. This will be a good time for refs to make sure coaches understand the technical foul and bench rules. Home court Commissioner is encouraged to attend this discussion. ***The purpose of this rule is to promote good sportsmanship***. This session at the scorer's table is meant to be a very brief meeting and in no way should these discussions get so elaborate that they are delaying the start of a game.

Games will not start until there are individuals (from the home gym) sitting at the scorer's table to maintain the book and clock.

PLAYING TIME & SUBSTITUTIONS

- The game will consist of four 8-minute quarters. At the **home court Commissioner's Discretion**, one or both quarters of the second half may be reduced in duration to accommodate time requirements.
- Playing time rules based on number of players in attendance:
    - 10+ players: everyone should have equal playing time, with each player sitting about 1/2 of the game
    - 9-7 players: each player is required to sit at least 8 minutes
    - 6 players: each player is required to sit at least 5 minutes
    - 5 players: each player will, obviously, play the full game
- Player substitutions will be made near the 4-minute mark of each quarter. In order to keep the game moving, coaches should have their substitutions ready prior to the 4-minute mark of the quarter.
- Players should take a knee at the score table, if possible, until called in by the referee.

TIME OUTS

- Two one-minute time out per team will be allowed per half. Time-outs may be used at the coach's discretion
- Overtime – One minute time out per team.

CLOCK STOPPAGE

Stoppage of the clock occurs with the following: Referee whistle - All fouls - All out of bound plays - Any injury

FOULS

- Personal Fouls will be kept. Players will be allowed 6 fouls per game. After the 6th foul the player must sit for the remainder of the game, including an overtime.
- Per NFHS RULES, per quarter the 5th foul will be the double bonus and be awarded two foul shots. Team fouls reset per quarter.

TECHNICAL FOULS:

- 1st technical foul: coach or player will be warned, and possession goes to the other team
- 2nd technical foul: Player or coach is out for the rest of the game and the next game. Possession goes to the other team.
- If a coach is ejected from a second game, they are eliminated from the remainder of the Season

PENALTIES

- The offensive team is allowed 10 seconds to get ball over half court.
- The 5-second rule in the key is in effect.
- 5 seconds for inbound plays.
- 5 second rule in effect for holding the ball when a player is not using dribble.
- Passing from frontcourt to backcourt will result in stoppage in play, no change of possession and explanation from the referee.

DEFENSE

- No backcourt defense – the defense must allow the offense to get the ball across half court.
- Teams must play man-to-man defense for the first half of the game. In the 2nd half, man-to-man or zone defense can be played at the coach's discretion.
- Double-teaming is not allowed, except in the "paint".

MERCY RULE

A ***Mercy Rule*** will be enacted any time a team is winning by 20 points or more. The leading team will not be able to double team and is ***expected*** to slow the pace and intensity of the game. No fast breaks or three pointers are allowed. The first time a fast break or three is shot, it's a warning and the basket is waived off and the ball is turned to the opposing team. The 2nd time this happens, it's a technical foul and the basket is waived off, and the opposing team gets the 2 foul shots and the ball side out. This will continue as long as a team up 20+ points is unable to slow the pace of the game and play with sportsmanship in mind.

OVERTIME

- Any games tied at the end of regulation will go into overtime IF TIME PERMITS.
- Overtime will consist of one (1) 4-minute overtime period.
- If the score remains equal at the end of the overtime period a tie will be awarded
- Personal fouls from regulation carry over into Overtime**.**

GENERAL RULES

- The general rules of basketball will apply with consideration given to the age and skill level of the players
- Tip off at start of game. Possession arrow will determine who inbounds the ball for the 2nd, 3rd, and 4th quarters.
- Players occupying marked spaces along the free throw lane will be allowed to enter the lane once the ball is released by the free throw shooter, free throw shooter must wait for ball to hit the rim or backboard before entering the free throw lane**.**
- Alternating possession arrow in effect.
- 3-point shots will be allowed**.**
- A team must start with 5 players. In the event the 5th player fouls out of the game, with no additional players on the bench, the team can play with 4 players. If another player fouls out, leaving 3 active players, the team must forfeit.
- If a team is missing a player, additional players may be added to the roster but must come from another team of a lower grade level (from same town). Any team using players called up from a lower level may not have a roster of more than 7 players at the start of the game. If a team cannot start the game with 5 players, it forfeits the game.
- A 28.5 in ball will be used
- Ten foot baskets will be used
- Only 2 coaches are allowed on the bench. **Only 1 coach is allowed to be standing at any given time.**

We must make sure all gyms are refereed the same way. This is a developmental league. NO PLAYOFFS. For the first ½ of the season, if a player travels or double dribbles this will not be an exchange of possession. The referee at this age level will stop the game and explain to the player what they did wrong and the team that committed an error will remain with the ball. Fouls are Fouls. At the midway point in the season (approximately week 5), referees are encouraged to be stricter and follow traditional rules (which result in a turnover).