

**LOWER CAPE RECREATIONAL BASKETBALL LEAGUE**  
**GRADES 3<sup>rd</sup> & 4<sup>th</sup>**

**\*\*\*\*VERY IMPORTANT\*\*\*\***

**Before each game, Referee's and both Team Coaches MUST go over  
ALL Game Rules so everyone is on the same page!!!!**

**JEWELRY:** No jewelry may be worn. Taping earrings is not acceptable.

**GAME LENGTH:** 2 /16 minute halves running time

**THREE POINT BASKETS:** - NONE

**OVER TIME:** NONE

**JUMP BALL:** only at the start of the game then alternate possession

**BALL SIZE:** Junior Size (27 or 27.5)

**BASKET HEIGHT AND COURT SIZE:** 9ft is preferred. Cross court (small) is preferred. **May vary from location to location.**

**LANE VIOLATIONS:** 5 seconds

**NUMBER OF PLAYERS:** Each team will play with (5) players, unless special circumstances. Both coaches must agree to play with less than (5) players.

**DEFENSIVE RULES:** double teaming in the lane only for grades 3 – 4

**NO ZONE OR PRESSING**

Half - Court Defense

Must allow offensive player to get both feet and the ball over the half court line or ball goes back to offensive team.

**FOULS:** 5 per player

**FOUL SHOTS:** Shooting Fouls, Technical

**FOUL LINE:** 2 steps in front of line

**TIME OUTS:** 2 per half (cannot carry unused time outs into next half)

\*Subs will not be charged a time out\*

**BACKCOURT:** half court line

**SUBSTITUTIONS:** Every 4 minutes subs will be called. Depending on how many players per team, Substitutions times may vary.

**PARTICIPATION:** Coaches are held responsible to give all players approximately the same amount of playing time, determined by your number of players. No players should be favored for playing, or sitting, the entire or majority of the game.

**OFFICIAL SCORE:** Do not keep score

**Game Cancellation:** At or prior to 3:00pm, the home teams Recreation Director, or designee, will contact the opposing teams Director to notify them of the cancellation.

**\*\*\*PLEASE DO NOT ARRIVE AT GYM MORE THAN 5 MINUTES PRIOR TO  
GAME\*\*\* NO FOOD – DRINKS – BASKETBALLS – UNSUPERVISED  
CHILDREN/PETS\*\*\* PLEASE REMOVE WATER BOTTLES/TRASH\*\*\***

**\*\*\*GOOD SPORTSMANSHIP \*\*\* DON'T CRITICIZE THE OFFICIALS\*\*\***

**\*\*\*NO COMPLAINING\*\*\*RESPECT ALL PLAYERS, COACHES AND  
OFFICIALS\*\*\*HAVE FUN & PLAY HARD!**