

Farmington Recreation Basketball Rules 3rd & 4th Grade

1. High School rules will govern play as adapted.
2. Coaches are encouraged to play each participant an equal amount of time. It is required that each participant play the equivalent to half the game.
3. The game will consist of four eight minute quarters. The clock will run except for free throws and time outs. The clock will stop for every whistle the final minute of each quarter. No overtimes.
4. Five seconds in the key.
5. No three point shots.
6. Man to man defense only. All players must be within eight feet of their assigned man. No active double teaming. The official will give each team a warning for illegal defense. After that the violation will be one **technical foul shot**.
7. No full court press. A defender may not guard his assigned player until they have crossed mid-court.
8. Two time outs, per team per half
9. Game ball will be an official women's size ball.
10. The basket will be at 9 ft.
11. Coaches and team members should remain seated while on the sidelines.
12. Coaches will be asked to hand in a team score sheet five minutes before each game.
13. No league standings or team win loss records will be tabulated or posted.