

Billerica Youth Basketball
Grade 3/4 Rules – Boys
As of 11/16/2023

Each game will be governed by high school rules with the following exceptions:

- Two 20 minutes running time halves.
- 10 foot baskets
- 28.5 size basketball
- Mandatory substitutions every 4 minutes with 5 seconds stopped during subs
 - Substitution sheets are MANDATORY
- Half court man-to-man defense only
- NO DOUBLE-TEAMING PLAYER WITH THE BALL
- Help defense can be played in the key only
- **Violations will result in loss of possession for the following**
 - Out-of-bounds
 - Double dribbling
 - Traveling
 - 5 seconds to inbounds the ball
 - 5 seconds in the paint instead of 3
 - 10 seconds to advance past half court
 - 5 seconds closely guarded only when dribble is picked up
- No timeouts
- Team and player fouls don't accumulate and not recorded
- Jump ball to start the game. Alternating possession used for tie-ups and start of second half
- No score is kept on paper or clock

I would suggest that players that are substituting in are lined up at half court and assistant coaches can align who is covering who for man defense

The clock is running time. Below is an example for an 8am game start

8:00am - 8:10am: players arrive and warm up

8:10am - 8:30am: game clock is set for 20 minutes and game starts (clock may be stopped for a maximum of 5 seconds at substitutions)

8:30am clock is set for 4 minutes and is started

8:30am - 8:34am: half time

8:34am clock expires

8:35am - 8:55am: game clock is set for 20 minutes and game starts (clock may be stopped for a maximum of 5 seconds at substitutions)

8:55am clock expires

8:55am – 9:00am team talk off to the side as the next teams are coming in