



## 4u COED Basketball Rules

Dalton Parks and Recreation basketball strives to provide an opportunity where youth players can learn the fundamentals of the sport, teamwork, sportsmanship, and physical awareness, with player safety as the top priority.

### Age Limit

- Players must be 3 or 4 years old as of September 1<sup>st</sup> of the current year

### All coaches, players, and spectators will adhere to the following rules

- Behave properly and show respect to the other team
- Treat each child equally

### Clock Format and Playing Time

- Four 8-minute running quarters
- 3-minute halftime
- All players must play one full quarter of each half without being removed unless they are injured or the coach deems they are tired/no longer wanting to play
- Each player must be in the starting lineup for at least half of the games they are present for
- Substitutions will take place at the conclusion of the quarter, a timeout, or in the case that a player is injured and needs to be replaced

### Rules and Regulations

- The home team will start with the ball and possession of each subsequent ball will be awarded on an alternating basis
- 4u COED will play with a 25.5" basketball
- A team must start with at least three players and the opposing team may play with four; any player that arrives after the start of the game may enter at a dead ball with no penalty
- At the start of the game, each player will shoot one free shot – this does not have to be taken at the free throw line
  - o This ensures that every player will get at least one shot a game
- Defense – all defensive players must remain inside the three-point arc while the offense has the ball
  - o Defenders must play “hands up and out” defense – no slapping or grabbing for the ball
  - o Once there is a change of possession, the defense must set up on their side of the court inside the three-point arc
  - o **No fast breaks!**
- All players must wear a team uniform to play – shirts tucked in, no jewelry

### **General Rules for Coaches and Spectators**

- Spectators are not allowed on the court during the game
- Only players and coaches will be allowed on the sidelines
- All players should be given the opportunity to play and learn all positions
- Coaches are responsible for the conduct of their players and parents
- DPRD staff have the authority to ask any coaches, players, parents, or spectators to leave the gym if they are violating DPRD's Zero Tolerance Policy
- Coaches and spectators should attempt to keep the ends of the courts clear during the games
- No dribbling basketballs while games are in progress
- Any coach who takes their team off the court before the end of a game will be immediately dismissed as coach