

**Medfield Youth Basketball**  
**Fourth Grade Boys Rules and Regulations**

Updated: 11/17/2018

The Format:

- Four vs. four. Games are played at Dale Street.
- Rim height to be set at 10 feet. The custodian on duty will adjust the height if needed.
- No defense until half court or the bottom of the half court circle.
  - Only man to man defense.
  - No double team
  - No zone
- The game length is posted on the schedule.
  - Adequate warm-up/practice time will be provided.
- Playing time should be equal.
- Do not allow one player to dominate.
- One coach from each team should be on the floor during game time. Each coach can work one half of the court. Assistant coaches will encourage and coach the players on the sideline. Assistant coach will assist with substitutions.
- Coaches should bring a whistle at all times.
- The children play with a 28.5 size ball.
- Each head coach will receive a bag with basketballs.
- Use your judgment when calling a violation. Games should be called tighter as the season progresses.
- Score may be kept.
  - ONLY adults may run the scoreboard
  - Do not allow a team to blow out the opposing team
  - If at any time a team is ahead by 20 points, score will be turned OFF for the rest of the game.
- Be respectful and end your sessions on time.
- Clean your area of all trash.

Attire:

- Sneakers, player pinnies, and shorts or sweatpants.

Dale Street Gym Rules:

- Do not play on the stage. Siblings are not to use the hallways as a playground.
- Clean up your area of water bottles and snacks.

Basketball web sites – web sites come and go. For the most recent sites and reviews simply Google “Basketball Drills, youth”. Here are some examples.

- <https://www.online-basketball-drills.com>
- <https://www.coachesclipboard.net>
- <https://www.ultimate-youth-basketball-guide.com>