

Green Youth Basketball Association

Guidelines for 3rd and 4th Grade Boys and Girls (revised 10/24/24)

All rules subject to change

- Hoop height will be 10' all season
 - 3rd and 4th Grade is played 5 vs. 5
 - 3rd and 4th Grade time limits are 2 - 20 minutes halves (clock will stop to sub every 5 minutes). Overtime is 2 minutes, with a limit of one OT per game.
 - Coaches, in order to help this run efficiently, please have your subs ready prior to the five-minute mark and quickly sub them. This means as close to the five-minute mark as possible, on a dead ball, made basket, or change of possession. A coach will blow the whistle for both teams to sub.
 - Man-to-Man defense (Players can pick up at half court) and no double teams – absolutely NO zone defense
1. The 1st team on the schedule should wear the white jersey, the 2nd team should wear orange (1 v 2 - 1 would wear white and 2 would wear orange).
 2. Players CAN steal the ball off the dribble, as well as steal passes, loose balls, errant dribbles (dribbles off the foot, dribbles into defenders, etc...). Jumping is allowed to block shot(s).
 3. Officials could be HS Students, Middle School Students or it could be Coaches the first couple of weeks. Regardless of who is reffing the game, there is to be the utmost respect to the officials at ALL TIMES. We know that every foul won't be called. Refs will use their best judgment in an effort to keep the game flowing smoothly.
 4. If a player is fouled in the act of shooting, we will shoot free throws. The clock continues to run during free throws with the following exceptions: clock will stop to shoot free throws when under 2 minutes in the first half, under 2 minutes in the second half and at any point in overtime.
 5. Traveling and double dribbles will be emphasized in 3rd grade. It won't be a turnover unless egregious (this is refs discretion); players will be instructed on what they did. The ball will again be taken under the basket or reset up top *when applicable*.
 6. Score is kept at the 3rd and 4th Grade levels of GYBA Rec Basketball.
 7. Most importantly, the emphasis is on learning and fun. There could still be a large gap in skill level at this age. Some kids have been working on basketball for a long time and are very good, some have just touched the ball for the first time this season.
 8. Our intent is to teach the fundamentals of basketball in a fun competitive way, in hopes the kids come back next year to grow as players. Obviously, we don't want to discourage any player from coming back just because they may not have a lot of basketball skills right now. Players develop at a different pace, and they'll only know how good they can potentially be if they continue to come back and learn/compete.