SPANISH FORK RECREATION

YOUTH BASKETBALL GUIDELINES & RULES

Any rules not specifically listed in this document will refer to the UHSAA Basketball Rules

The youth basketball leagues for 3rd graders and 4th graders are very low key. The main purpose of these leagues is to create a learning experience where participants can HAVE FUN! There will be no officials. We would like the coaches out on the floor to officiate and coach at the same time. If a player makes a mistake, stop play and explain what they did wrong. The first time, give them the ball back. If they make the same mistake again, the ball should go to the other team. Fouls will be kept track of and teams can get in a bonus situation. This gives the participants the opportunity to learn how to line up for a foul shooting situation.

3RD & 4TH GRADE LEAGUE RULES

- Games will consist of four 8-minute quarters. The clock will be a running clock and will only stop for time-outs and shooting fouls.
- Time-outs are limited to one minute each. Teams will get two time-outs each half (no carryover).
- Teams must play a man-to-man defense – no zone defense. No double teaming is allowed.
- Colored wristbands will be worn by the players during the game in order to help remind the players who they should be guarding. At the beginning of each quarter, coaches should try to defensively match-up players of similar ability and size.
- No full court pressing will be allowed.
- The score will be kept on the scoreboard, but no wins/losses or standings will be recorded.
- Each player must sit out one complete quarter. We will allow half of one quarter and half of another quarter. Coaches need to make sure players sit out the equivalent of one full quarter. If a team has only six players, the best player must sit out one complete quarter. **It is very important that you try to let each player on your team play in three out of the four quarters of each game.**
- Players not in uniform (jersey provided by the city) will not be allowed to play. Hats, watches, and jewelry cannot be worn during the game.
- At the end of the season, sportsmanship awards will be given to the team that has shown the best sportsmanship throughout the season. Sportsmanship scores will be determined based on the criteria outlined in the Youth Sports Sportsmanship Policy.
- 3rd Grade Leagues
    - Ball size: A women's size ball (28.5) will be used for these leagues
    - Basket height: 9 feet (most locations allow for hoop height adjustments – ask the site supervisor to adjust the hoop to your team's needs for practices)
- 4th Grade Leagues
    - Ball size: A women's size ball (28.5) will be used for these leagues
    - Basket height: 9 feet (most locations allow for hoop height adjustments – ask the site supervisor to adjust the hoop to your team's needs for practices)

IMPORTANT DATES

- The league starts on Saturday, December 5th
- No practices or games from December 21st to January 4th
- No practices or games the week of Thanksgiving
- No games on the Saturday before President's Day (February 13th)

EST. 1855
SPANISH FORK
PARKS & RECREATION