

Central Oregon Basketball League Rules

3rd/4th & 5th/6th Grade Youth Basketball Rules

High School Rules with the following exceptions:

1. Each player must have equal playing time with these exceptions: *a player that is absent from practice during the week or if there are disciplinary issues that need to be addressed with reduced playing time.*
2. Three seconds in the key is enforced. Referees will try to give verbal warnings at first.
3. No full court press or zone defense. Only man-to-man defense. Matchup zone is a zone.
4. No double teaming or trapping. If the opposing player is in the key or driving to the basket, defensive help is allowed.
5. The foul line is 12 feet from the basket. Rules will follow high school rules for shooting free throws with players filling lanes with bottom lane empty.
6. Sisters Park & Recreation uses the following size balls for each division:

<u>Grade</u>	<u>Ball Size</u>
3 rd /4 th & 5 th /6 th	28.5"
7. Court and rim height:

<u>Division</u>	<u>Court Size</u>
3 rd -4 th & 5 th /6 th	full court and regulation rim height (10 ft)
8. Numbers of Players:

Teams will have 7-10 players on each team.

<u>Division</u>	<u>Game Size</u>
3 rd /4 th & 5 th /6 th	5 v 5
9. The Duration of Play:

Teams change baskets and possession at half time. There shall be a (5) minute halftime and a (1) minute break between quarters. The length of Sisters Park & Recreation games will be as follows:

<u>Duration</u>
(4) (10) ten-minute quarters running clock

10. Overtime:
Overtime is three minutes in length. There will be as many overtimes as necessary to determine a winner.
11. Two 30-second time outs per half. Clock stops during time outs. Time outs do not carry over to the second half.
12. Injured player stops the clock for a referee timeout.
13. Score:
3-4th grades will keep score. At any time if the score is out of hand (by 20 or more points), coaches are encouraged show good sportsmanship and work on technique to not run up the score.
14. Coach Technical:
If a coach receives a technical they are required to stay seated the remainder of the game. If a coach receives a second technical they are required to leave the facility immediately.