



Impact Winter Basketball League Rules 3rd – 4th Grade Boys and Girls

About The PARC:

The PARC is a nonprofit, Christian-based recreation center that is part of the Sugar Land First United Methodist Church. Our leagues are focused on providing a fun, positive and faith-based environment. Here at The PARC, we are dedicated to providing leagues that allow you to enjoy the game you love, share our love of Christ and have fun!

Game Basics:

- Division will be organized by the following grades:
 - Boys in 3rd – 4th Grade
 - Girls in 3rd – 4th Grade
- Ball size is 28.5” (Intermediate) for boys and girls.
- Games played on full court with the basketball goal height at 9 feet for all divisions.

Team Uniforms:

- All players receive a reversible basketball uniform (jersey & shorts) for the season.
- Players are required to wear their basketball uniform for their games.
- The PARC will have temporary jerseys available for players to use if needed.

Playing Time for Each Player:

- All players must play as close as possible to three quarters or 18 minutes in a game.
- The only exception to this rule will be for a player who fouls out of the game, unable to play due to an injury or who has not arrived by the start of the second quarter.
- At the coach’s discretion, any player who has not arrived by the start of the second quarter will only play two quarters or 12 minutes. If a player arrives after the start of the second quarter, the Playing Time rule will not apply for that player for the game.
- No one player shall appear in more than four quarters unless their team has 6 or fewer players available.

Game Rules:

- Teams will be allowed at least three minutes for pregame warm-ups.
- A volunteer from the home team will lead the pre-game prayer before every game. A volunteer from the away team will lead the post-game prayer after the game.
- Each game will consist of six quarters. Each quarter will be six minutes. There will be no overtime period if the game is tied after the sixth quarter.
- There will be a running clock throughout the game. The clock will only stop for timeouts or injuries.
- Games will begin with the home team receiving the ball first. Possession will then be given based on an alternating basis. When play resumes at the start of a quarter, the ball will be given to the team next due possession.
- Teams will change goals at the end of the half (after the first three quarters). There will be a four minute halftime for each game.
- Offensive three second, traveling, double dribble, backcourt and closely guarded five second violations will be called and result in a turnover.
- Teams are required to advance the ball over the half court line within ten seconds of gaining possession. If teams don't do so, then it will result in a turnover.
- There will be no shot clock in effect for any games.
- Score will be kept for the 3rd – 4th Grade Boys and 3rd – 4th Grade Girls Division.
- There will be no free throw attempts during the game. The following rules will apply for fouls:
 - Non-shooting fouls result in the offensive team getting the ball back.
 - Shooting fouls result in the offensive team scoring one point and the opposing team then taking possession.
 - Players fouled in the act of shooting and making the basket are credited with the basket plus one point. The opposing team then takes possession.
- For rules not mentioned, The PARC will follow standard UIL guidelines (NFHS).

Personal and Team Fouls:

- Players will foul out on their 5th personal foul.
- If a player commits their 5th foul, they are disqualified for the remainder of the game.
- Team fouls will not be recorded.

Defense:

- Man-to-Man defense will be played at all times.
- Defensive players must stay within arm's reach of the player they are guarding.
- For the 3rd – 4th Grade Boys and 3rd – 4th Grade Girls Division there will no color assignments and players are allowed to guard a different player they were originally assigned by their coach in order to ensure an equal match-up.
- Full court press or zone defense is not allowed anytime during the game.
- Isolation plays are not allowed and will result in a warning from the officials.
Isolation plays are defined as an offensive player with the ball making a move with the other four offensive players occupying the same space on the court.
- Double-teaming is not allowed, but help defense is encouraged for the following:
 - **Picks and Screens:** defensive switching is allowed on offensive picks or screens. The non-screened defender can help their teammate by switching or temporarily guarding the player until the teammate recovers to defend their offensive player.
 - **Fast Breaks:** During any fast break, another defensive player not assigned to the ball handler may help in order to slow or stop the fast break. Upon stopping the fast break, defenders should return to guarding their assigned players.
 - **Lane Area:** If a defender is in the lane, and the player he or she is guarding is within arm's reach, the defender is allowed to provide help defense.

Substitutions:

- For the 3rd – 4th Grade Boys and 3rd – 4th Grade Girls Division, substitutions will only be allowed after each quarter.
- The referees/scorekeepers also reserve the right to stop the game for substitutions if a player is injured or if a player fouls out of the game.
- All players must check-in with the scorekeeper to come into the game.

Timeouts:

- Teams will be allowed two timeouts per half and each timeout is one minute in length.
- Timeouts don't carry over to the next half.
- Timeouts are granted only by the officials, not by the score keeper.
- A team is not able to advance the ball to half court on timeouts.
- Timeouts can be called:
 - When there is a dead ball.
 - When a team has possession of the ball.
 - After a team has scored and is not inbounding the ball.
- If a timeout is called by a team that has no timeouts, a technical foul will be given.

Forfeits:

- The PARC will never forfeit games for the youth leagues. If a team doesn't have enough players to start the game, then the coaches are allowed to borrow players from other teams with the opposing team approving of the players selected.

Technical Fouls:

- Technical fouls will be given at the discretion of officials for:
 - Using profanity or abusive language.
 - Refusing to obey the official's decision.
 - Dunking the basketball after being warned by the official.
 - Acting disrespectfully towards officials, staff, directors and players.
 - Intentionally trying to hurt another player or displaying rough tactics.
 - Showing unsportsmanlike conduct such as trash talking or excessive taunting.
- If a technical foul is called, then the result is two free throws and the opposing team gaining possession of the ball.
- If a player receives a technical foul, the player must remove themselves from the game for 2 minutes of the game clock (this can carry over to the 2nd half or overtime). The player may reenter the game on the next dead ball or whistle after the 2 minutes have expired. Another player may substitute during this time. If no substitutes are available, the team may play with 4 players.
- At any point during the game, the PARC staff or officials can stop the game due to sportsmanship issues. This will result in an automatic loss by sportsmanship default.

Zero Tolerance Policy:

- Being a faith-based recreation center, we strive to promote a Christ-like environment at all times. Therefore, The PARC has a ZERO TOLERANCE POLICY towards any of the following actions that may occur with players or spectators. These actions will result in the person(s) being suspended for the rest of the season and permanently banned from The PARC:
 - Any players and spectators who are involved or instigated a fight (whether the fight is verbal and/or physical).
 - Any players and spectators who verbally threaten or harass an individual.
 - Excessive unsportsmanlike behavior after they have been warned by the officials or league director to cease their activity and conduct.
- The league director reserves the right to suspend a player or players for any disrespectful or unsportsmanlike behavior towards any player, official or staff for a period of games to be determined by the seriousness of the action.
- The league director reserves the right to increase or decrease the severity of penalties based on previous history, unusual circumstances or to protect the integrity and mission of The PARC.

Gym Guidelines:

- All players must remove earrings, necklaces, bracelets and such items before game time. Players must have their jerseys tucked into their shorts at all times.
- Coaches and players should help and work with the officials when it comes to the conduct of their fans. We ask that teams do their best with the officials in helping with the behavior and actions of their fans.
- No one is allowed to dribble or shoot at the basketball goals during the games.
- Shooting at half time is only for the players participating in the games.
- Players, participants and children are not allowed on the basketball court or stage area underneath the goals. This is for everyone's safety, so please respect this rule.
- There is no smoking or food allowed in the gym. You are responsible for cleaning up after your team, friends and family in attendance.
- No alcoholic beverages or fire arms will be allowed on The PARC's property (including the parking lot).

Coach and Player Conduct:

- Coaches can walk along the sidelines and talk to their players without stepping in the playing area.
- Any dispute occurring during a game, such as rule or scoring, should be referred to the official. All disputes will be resolved by the officials.
- Coaches and players must exhibit proper conduct and sportsmanship before, during and after the game.

Spectator Conduct:

- Spectators are an important part of the game and shall at all times conform to accepted standards of good sportsmanship and behavior.
- Spectators shall at all times respect officials, coaches and players and extend all courtesies to them.
- Taunting, foul and abusive language, noisemakers, inflammatory remarks, and disrespectful signs and behavior are not acceptable.
- All spectators will be expected to remain off the playing area until after the game.
- Any persons not following the code of conduct will result in being removed from the gym by a PARC staff.