

PARKLAND BASKETBALL RULES

3rd & 4th GRADE GIRLS

- PRE-GAME REVIEW:** Referees and coaches must review guidelines before each game.
Allow 5 minutes warm-up before start of game.
- GAME START:** Jump ball will start the game.
Alternate possession rule will apply for remainder of game.
- PERIOD LENGTH:** 10 minute running clock quarters.
Time limit between all quarters will be 2 minutes.
Last period will be adjusted to end within the 1 hour time limit.
All games will end by the gym wall clock.
- TIME OUTS:** Each team is allowed two - 1 minute time-outs per half.
- LANE VIOLATION:** None
- BACKCOURT VIOLATION:** None
- TEN SECONDS VIOLATION:** None
- FOUL SHOTS:** None
- DEFENSE:** Play man-to-man defense only - no zone defense.
No backcourt or full court defense.
Double-teaming is not permitted. Switching is allowed on a screen and roll situation, but the player should yell switch.
Defensive players can pick-up opposing players at the foul line extended.
- FAST BREAK:** Allowed on steals and defensive rebounds.
- BALL STEALING:** No ball stealing in the first half. Ball stealing will be allowed in the second half. Defensive players may steal the pass or dribble when inside the foul line extended. Defensive player cannot steal the ball when the offensive player is holding the ball.