

## CAA Basketball – 3<sup>rd</sup> Grade Rules

1. Boys and girls will play 4 on 4 using a 28.5 ball. Boys will play at 10' rims, girls will play at 9' rims.
2. Games will consist of 5-minute "quarters", four to each half. Players will be rotated at every 5-minute break. All players should receive equal playing time. Take 2-3 minutes for half-time break. Games must end on time to keep on schedule.
3. No score will be kept throughout regular season. At the end of year tournament, coaches can meet and agree to keep score. Turn off the scoring if game becomes a blow-out.
4. Use jump ball to start game. Alternate out of bounds throughout rest of game.
5. Teams must use man-to-man defense. Switching off screens is allowed. Help defense in the lane is allowed. No sagging defenses off point guard. Coaches work together to match-up kids with near-equal ability. Avoid glaring mismatches.
6. No pressing in the backcourt. Players are not allowed to play defense past the mid-court line. Defenders must fall back to this line when offense takes ball out after a basket or gets a defensive rebound. In fact, we would prefer that defenders pick up their assigned player near the three-point arc area. Rule objective is to give opportunity for everyone to bring the ball up court and work on dribbling skills.
7. Stealing is NOT allowed off the dribble. Promote playing defense with feet, not hands. Let's try to create some offensive flow. Stealing passes is allowed.
8. Violations: (traveling, double dribble, etc.) will be called selectively using coaches judgment. In general, rules will be called tighter for each grade and enforcement should become more strict as the season progresses. Opposing team will get the ball after violation. Remember to explain the infraction clearly on the court. Use mistakes as teachable moments. Coaches should confer about how the game should be called before the game.
9. A coach from each team will referee. Coaches take control of game and use common sense. You know your team and what to expect from them. Work with the other coach to create a good experience.
10. As the season progresses, Introduce foul shots on shooting fouls only. Offended player will shoot 2 foul shots. Shoot from 12' if line is present OR from 15', allowing shooter to cross line. Teach kids how to line-up and block out. Ball must hit rim before rebounder may cross into the lane.
11. Get kids used to taking ball out of bounds, especially after made baskets. OK to take the ball out top instead of sideline or underneath basket inbounds plays, if game is getting sloppy.
12. If excessive delays result when players stop dribbling, use a 5-second count to force a pass.

COACHES: Be competitive but don't let winning take precedence over teaching fundamentals and Sportsmanship. Above all, teach kids to respect their coaches, teammates, and Opponents. You are the example. If you are having fun the kids will too. The CAA appreciates your help.