

**Platte Country Sports**  
**Basketball Rules**  
**3<sup>rd</sup>-6<sup>th</sup> Grade**

**PURPOSE:** The Platte County Sports Basketball program was formed in the 1988-1989 school year. It is an instructional and recreational league for grades 3-6, boys and girls. Teams are formed by grade and gender. It is for the development of all participating youth and not specifically for any individual team or competitive (all-star or stacked) teams.

The primary objectives of this program are to teach the fundamental skills of basketball; dribbling, passing, shooting, and defense, as well as promoting and teaching the following:

- Fair play and equal playing time
- A fun experience for youth and adults
- Responsibility, decision-making, leadership, teamwork
- Self-esteem, social and communication skills
- Building positive relationships between players, adults, and parents

If you feel your child is not being treated fairly, always discuss it with your child's coach first, and then your league representative if necessary.

**MEMBERSHIP AND LEAGUE ORGANIZATION:**

Over the years the league has grown, and currently includes the school districts of West Platte (Weston), Dekalb, Mid-Buchanan (Faucett), North Platte (Dearborn), Platte County (Platte City), Smithville, and East Buchanan (Gower). Each district provides one or two representatives to form the board that governs the league. These reps are listed by name and phone number at the top of the game schedule and may be called to address problems or answer questions. They will normally be available at their respective gyms on game days. An eight game schedule is played on Saturdays starting in mid-December and finishing in mid-February. Post-season tournaments may or may not be held. Check with your league rep. No league standings are kept or awards given during the eight game season (Except by the parents).

**A. RULES**

The rules will be those governing Missouri State High Schools with a few exceptions that have been determined to meet the objectives of the PCS program. Through trial and error over the years, these exceptions have determined to be the most favorable rules and methods that would allow participants to learn the listed skills in an appropriate environment. Example: Use women's (28.5 inch) basketball for all grades. For 3<sup>rd</sup> and 4<sup>th</sup> grade, use nine foot goals, man-to-man defense only, and no score keeping. The Board believes it is impractical to provide Missouri State Rule Books for each coach but would highly suggest that each coach borrow or purchase a rule book to read.

**B. UNIFORMS**

Team shirts will be sold to each player at cost by PCS and may be kept by the player at the end of the season. Traditionally, these shirts are in the colors of the local high school. Only regulation basketball, gym, or tennis shoes may be worn. The shoes should be hand carried to the gym and then changed into. The shoes must be clean so that the gym floors are not damaged. Game shorts and color are at the discretion of the coach and team parents.

### **C. BASKETBALLS:**

Two or three basketballs will be provided by PCS to each team. They remain the property of PCS, should not be marked on, and will be returned to your league rep after the season. The regulation women's basketball will be used (28.5). Coaches and players may also supplement the team by using their own basketballs. Unless instructed otherwise, teams will provide their own basketballs for warm-up at home and away. The officials or league rep may provide a game ball or they may ask to use one of the team basketballs for the game. If so, make sure you get it back after the game.

### **D. GOAL HEIGHT**

The basketball goal will be set at nine feet for 3<sup>rd</sup> and 4<sup>th</sup> grade and ten feet for 5<sup>th</sup> and 6<sup>th</sup> grade.

### **E. GAME MINIMUM**

Teams must have five players and a coach to start the game. If not, and it is a 5<sup>th</sup> or 6<sup>th</sup> grade game, it will be considered a forfeit. For all grades, in case of not enough players, it is recommended to play 4 vs. 4 or even 3 vs. 3, or to borrow players from the opposing team so that the kids can play. League reps should help resolve this situation.

### **F. TEAM RESPONSIBILITIES**

The team consists of players, coaches, and parents. All must be involved in promoting good sportsmanship and proper conduct. Please give special attention to school gym rules. Harassment of officials and competitors will not be tolerated. Teams in violation, and at the officials discretion, will be warned and then penalized by technical foul, removal from the gym, or if necessary, forfeiture of the game, as per the rule book. Head coaches are responsible for not only their players, but their parents and spectators as well.

### **G. LINE-UP**

Each coach must provide the score/time keeper with a written line-up before the game. League reps will have score sheets at the table.

### **H. TIME REGULATIONS**

1. Five minute warm-up prior to game start (Subject to league representative discretion due to time constraints).
2. A game consists of four quarters, each seven minutes in duration. No running clock will be enforced. Clock starts and stops as per the high school rule book except for the fourth quarter mercy rule discussed below.
3. One minute rest after the first and the third quarters.

4. Five minute rest for half-time break, after the second quarter (Subject to league representative discretion).
5. Time outs may be called by the coach or a player. There are three full (one minute), and two thirty second time outs will be allowed per team, per game. Unused time outs carry over into an overtime, plus an additional one full time out is granted.

### **I. SCORING AND TIME KEEPING**

1. Score will not be kept at the 3<sup>rd</sup> and 4<sup>th</sup> grade level. Please encourage parents to not keep score as we are not concerned about winning and losing at this level.
2. The home team league representative will provide one or two responsible individuals to be the official scorer (3<sup>rd</sup> & 4<sup>th</sup> grade foul and time-out scorer) and time keeper.
3. For the 5<sup>th</sup> and 6<sup>th</sup> grade, score will be kept. If necessary, three minute overtimes will be played as per the rule book, until there is a winner. Each overtime starts with a jump ball.
4. As per the rule book, beginning in the 4<sup>th</sup> quarter, once a team has a 30 point lead or more, the clock will run continuously except for time outs, technical fouls or stoppage by the officials. If the lead closes below 30 points, normal clock procedures apply.

### **J. FREE THROW REGULATIONS**

1. The free throw line is thirteen feet from the back of the rim for all grades. The league representative will place a small piece of tape on the floor to designate 13 feet. If the nine foot portable baskets are being used for the 3<sup>rd</sup> and 4<sup>th</sup> grades, the regular free throw line will be used because these baskets are set up in front of the regular goals, which then equals 13 feet.
2. 5<sup>th</sup> and 6<sup>th</sup> grade will shoot bonus free throws on the 7<sup>th</sup> and 10<sup>th</sup> team fouls as per the rule book. 3<sup>rd</sup> and 4<sup>th</sup> grade **WILL NOT** shoot bonus free throws.

### **K. DEFENSE**

1. 5<sup>th</sup> and 6<sup>th</sup> grade, high school rules apply, except that after a team has a ten point lead, they may not full court press, but must fall back and be inside their own three point shot arc until the offensive player with the ball crosses half court.
2. 3<sup>rd</sup> and 4<sup>th</sup> grade must play man to man defense only. It became very obvious after a couple of years that the kids were learning nothing standing in a zone defense so the board voted on the man defense only. In fact, this has become a point of emphasis and officials and league representatives are required to pay particular attention to players who are not attempting to stay with their man or appear to be standing in a zone. If that is the case, it should be pointed out to the coaches who should try and correct the problem. The excuse that “they are only 3<sup>rd</sup> and 4<sup>th</sup> graders” is not valid as they are capable of looking at a jersey number and attempting to guard that person unless they are calling out switches. If the problem continues, technical fouls may be called for illegal defense.

3. 3<sup>rd</sup> and 4<sup>th</sup> graders may not defend or attempt to steal the ball in the offensive teams back court. In other words, after the defense gains control of the ball by a steal, rebound, score by the offense, or any other means, that team is now on offense and the other team is on defense. The five defensive players must return down the court and be inside their own three point shot arc until the offensive player with the ball crosses half court. The defense may then proceed outside the three point arc to guard their man. This is normally what should occur when the offense walks the ball down court slowly. However, it is understood that if the offensive team is fast-breaking by either passing the ball or speed dribbling the ball down the court, the defense will not have time to return to the three point arc. In that case, as they are running down the court with the offense, they are still not allowed to attempt any defense or stealing or tipping of the ball until the ball crosses half court. Example most often seen: Player ONE gets the ball and is speed dribbling down the court with defensive player TWO running beside him. Player TWO may not attempt to tip, steal, or defend the ball until it crosses half court. This rule was put in to prevent stronger defensive teams from not allowing the offensive team to even get to or past half court.
4. For the reasons listed above, 3<sup>rd</sup> and 4<sup>th</sup> grade teams are not allowed to double team outside the three point arc. They may double team inside the three point arc.

#### **L. PLAYER PARTICIPATION**

To provide equal opportunity for growth and skill development according to the PCS philosophy, each player must play at least 12 minutes unless he or she is disqualified from the game or is injured. Players arriving late and missing the first quarter must play at least six minutes. The board recognizes that teams with more than ten players cannot abide by the twelve minute rule. However, it is the coaches responsibility to play each child as equally and fairly as possible during each game. The only exception to the playing rule would be for players that have been sick or missed practice for other reasons or habitually miss practice. Playing time may be reduced for them but not before discussing it with the player's parents, your league representative, and informing the opposing coach before game time.

#### **M. PLAYER OR COACH DISQUALIFICATION**

1. Technical fouls and disqualification will be as per the rule book. Most schools are using high school athletes as referees. This is a practical training program for them and the league representatives are usually at each gym to oversee and provide instruction for them as the coaches provide instructions for their players. Under no circumstances are these officials to be harassed or badgered, nor will a coach or player question or argue a judgment call. A coach may question or ask for a clarification on a rule or violation and the league representative should be involved or available. There is no excuse for coaches not knowing the rules that are written in this copy and they should always carry a copy to refer to during games.
2. REMEMBER: Coaches are to coach, players are to play, and neither are to officiate. Coaches, you are also responsible for your parents and fans.