

Basketball Rules

4TH GRADE BOYS & GIRLS

Officials are provided for each game by AF Recreation.

High School rules apply with the exception of the rules below.

1. Games consists of 2, 20 minute halves. Clock only stops on every whistle the last 2 minutes of each half and during time-outs.
 - a. If there is a lead of 15 or more points at the end of the second half, the clock will only stop on a time out.
 - b. No overtime play
2. Game begins with a jump ball. Alternating possession rule take affect thereafter.
3. Teams are given 1 timeout each half.
 - a. Timeout consists of 1 minute.
 - b. Timeouts do not carry over.
4. Teams must play man-to-man defense
5. No double teaming
 - a. Switching is allowed. During a switch, some double teaming may occur but should be very quickly.
6. Teams may only begin defending at half court.
7. Violations are turnovers.
8. Players will shoot from the free throw line when fouled in the act of shooting.
 - a. Free throw shooters may move in front of free throw line if unable to reach the basket.
9. No, 3 second "lane" violations
10. No, 5 second possessions violations
11. There are no forfeits.
12. Substitutions must report to the score desk before entering the game.
13. Baskets are 10' in height
14. Boys & Girls use official women's basketball (28.5)

Team Formation

1. All players must be registered with American Fork Recreation before they are allowed to participate.
2. Players may "play up" one grade, but the parent or guardian must coach the team. Only 2 players are allowed to play up per team.
3. Teams are formed by:
 - a. Head to head request in the same division (must be registered on time)
 - b. Area of town = Map number of your home address
 - c. ASD school boundary you reside in or the school you attend.

