

Milton-Union Recreation Association Basketball League Rules

2021-2022 3rd & 4th Grade Boys/Girls



This league follows the Ohio High School Athletic Association rules except for the following.

1. **Game Length** – There shall be (4) quarters. The game clock shall run continuously for (8) minutes each quarter. The clock shall stop in the last (1) minute of each quarter including the overtime periods for fouls, injuries, or any stoppage of play by the official(s). The clock shall continue to run in the last minute of regulation if the point differential is 15 or greater. Time shall not be allowed to expire while a player is shooting a free throw. Half time shall be (2) minutes.
2. **Number of Players** – Games shall be played 4 on 4 unless enrollment numbers dictate playing 5 on 5.
3. **Basket Height** – 9 Feet
4. **Overtime (OT)** – There shall be a (2) minute sudden death overtime period with a running clock, except for the last minute. The first team to score a field goal or free throw wins the game. If the game is still tied after sudden death, the game ends in a tie. **All fouls in OT shall be 2 shot fouls.**
5. **Coaches/Player Timeouts** – Two (2) timeouts are permitted per team per half. Timeouts are 60 seconds each. Timeouts are not permitted in OT. Timeouts shall not roll over if not used.
6. **Playing Time** – Every player shall play a minimum of 2 quarters or ½ the time. If the number of players on a team does not allow equal playing time for every player during the course of one game, then the coach shall make every effort to balance playing time as soon as possible in subsequent games so that at the conclusion of the season, playing time per player is as close to equal as possible. Coaches shall keep a record of playing time for each player. Injury or sickness may prevent this and must be reported to the referee if a player cannot continue the game.
7. **Substitutions** – The horn shall sound at approximately the 4 minute mark (dead ball or change of possession) of each quarter for mandatory substitutions, but the clock shall continue to run. This is not considered a team time out and players need to remain on the floor. Substitutions can be made at any time during dead ball situations, but it is imperative that a player's playing time not be compromised simply for the sake of gaining an advantage over the opposing team. If a contest is close, coaches are permitted to make unscheduled substitutions in the last 2 minutes of the game in order to keep their teams as competitive as possible. This is a teachable moment in the game of basketball and should be handled as such with care for the affected players.
8. **Free Throws** – 3rd Grade at 12 feet. 4th Grade at 15 feet. Shooters may cross the line within reason but not to gain an advantage. All common fouls shall be non-shooting. All fouls committed in the act of shooting shall be 2 shots. **All common or shooting fouls committed in the last minute of regulation or overtime periods shall be 2 shots.**
9. **Personal/Team Fouls** – Personal/team fouls shall not be kept officially, but any player committing 2 personal fouls in an 8 minute period shall be substituted for as soon as is practicable to simulate a game-like situation provided there are enough players to substitute with. Coaches are encouraged to use this opportunity as a teachable moment for affected players. Players shall sit out for at least 2 game clock minutes, but not more than 4 game clock minutes.

10. **Defense** – Zone defenses are not permitted at any time. Defensive players shall play man to man, using the concept of “help defense”. Help defense must recover back to their man unless in the paint. Double teaming is not permitted outside the paint area. This call shall be at the referee’s discretion. The defense must start inside or with their feet on the 3-point arc when the offense is bringing the ball up the court or while the offense is inbounding the ball from the sideline or baseline. Once the first pass is made in the front court or the ball is entered into play from the side line or baseline, regular defense applies. Players are not permitted to play “one man zones” or “free safety”.

The defender on the ball is not permitted to steal the ball from the ball handler until the first pass has been made. The first pass may not be stolen by the defense outside of the 3-point line. Any first pass thrown to a player positioned inside the 3-point line is considered an “advance play” to the basket and **CAN** be stolen. If the first pass is stolen or deflected away by a defender outside the 3-point line, it is a dead ball and the offensive team shall take the ball out on the sideline or baseline.

11. **Backcourt Defense** – Backcourt defenses (e.g., half/full court presses) are only permitted in the last (1) minute of regulation and the last minute of overtime. The defense may come out beyond the 3-point line, steal the ball off the dribble, and steal any pass. Teams that are winning by 8 points or more may not use backcourt defense and shall follow the rules described under rule #10.
12. **General Guidelines** – Teams shall have (10) seconds to advance the ball past mid-court, (5) seconds to inbound the ball, (5) seconds while holding or dribbling the ball when closely guarded, and (5) seconds permitted in the lane. The referee shall be instructed to be generous with their counting.
13. **Ejections** – Any coach, player, or fan may be subject to an ejection. An ejection of a player, coach, or fan shall result in removal for that game, and may face further suspensions or penalties handed out by the MURA Basketball Commissioner and/or MURA Board. Officials and/or the MURA Basketball Board members have the right to remove any coach, player or fan for unsportsmanlike conduct.