

# OREM RECREATION DEPARTMENT

## 2023-24 OREM YOUTH BASKETBALL RULES

3rd & 4th, 5th & 6th Grade Boys and Girls

### GENERAL RULES

1. Orem Youth Basketball is a program to develop skills, sportsmanship, and progressive competition. We want to make it a positive experience for all who participate. It is required that all players participate in at least **HALF** of the game for 3rd through 6th grade players.
2. No standings or scores are kept. The program is promoting participation, not competition.
3. Playing time shall be four, 8-minute running quarters. There is a one-minute break between quarters and a five-minute break at half time.
4. Start each game on a jump ball.
5. One 30-second time out is allotted per quarter per team. Time outs do not accrue and cannot be carried to the next quarter.
6. No fouls are kept on individuals or teams. The ball will be given to the offended team out of bounds. Shooting fouls will be shot.
7. No full court pressing. Once an offensive player gets control of the ball in his/her back court, the defense must retreat to half court. Pressure may be applied as soon as the offensive player with the ball gets both feet into his/her forecourt.
8. All players should have a chance to learn and have fun, regardless of the player's experience or ability.
9. Teams must play a man-to-man defense. No zone defenses.
10. Regular high school rules apply except for those noted herein:

(over)

### **3rd and 4th Grades - Boys and Girls**

1. Teams must play a man-to-man defense. No zone defenses.
2. Switching players on defense is permissible. (A switch is when one defender switches and takes the ball handler one-on-one, as in a fast break situation. There cannot be two defenders on the offensive player during the switch.) One person picks may be used. Fast breaks are allowed.
3. A lane violation is not enforced for this grade group.
4. Double teaming is not allowed. (Double teaming is when two defenders are guarding the same offensive player.) The ball will be awarded out of bounds. After two warnings to the team in violation, the next violation will result in a technical foul - one free throw and the ball given out of bounds.
5. There are no tournaments at the end of league play.

### **5th and 6th Grades - Boys and Girls**

1. Teams must play a man-to-man defense. No zone defenses.
2. Switching players on defense is permissible. (A switch is when one defender switches and takes the ball handler one-on-one, as in a fast break situation. There cannot be two defenders on the offensive player during the switch.) One person picks may be used. Fast breaks are allowed.
3. A five-second lane count is enforced for this grade group.
4. Double teaming is not allowed. (Double teaming is when two defenders are guarding the same offensive player.) The ball will be awarded out of bounds. After two warnings to the team in violation, the next violation will result in a technical foul - one free throw and the ball given out of bounds.
5. There are no tournaments at the end of league play.