

BFR 4th Grade Basketball

Developmental League Regulations

Game Duration

- Two 16-minute halves will be played each game. The clock will run continuously with stoppages for out of bounds and fouls in the final two (2) minutes of each half or during timeouts.
 - Five (5) minute half-time – (may be modified to keep games within schedule time frame)
 - 60 second quarter breaks
- Games will be played full-court and 10-foot rims will be used.

Playing Time

- Equal playing time for each player is expected but is up to the coach's discretion. ***BFR will not enforce equal participation.***

Time outs

- One (1) 60-second time out per half is allowed to each team. Overtime invokes an additional 60-second timeout per team.

Fouls

- Non-shooting fouls will result in the fouled team taking the ball in from the sideline. Shooting fouls or any (non-shooting or shooting) occurring after a team has accumulated seven (7) team fouls will result in an awarded point and one free throw. A foul committed on a made shot will result in one free throw.

Backcourt Rules

- Ten (10) seconds are allowed to advance the ball past the mid-court line.
 - ***No backcourt guarding (full court press) is allowed until the fourth quarter and NEVER by a team leading by more than 10 points.***

Defensive Play

- Teams must play man to man defense only. Double-teaming may occur in the paint area or around the basket (ex. rebound/dribbling into a crowd) only. No double teams allowed around the perimeter/wing area of the court.

Overtime/Shootout Rules

- Ties will be resolved with a free throw “shootout” with the best of five alternating shooters from each team and sudden death thereafter. Teams will flip a coin to determine first shooter or deferral.