

**Boys and Girls Clubs of Bellevue**  
**Olympic Winter League**  
**Grades 3<sup>rd</sup>**

**A: Participation and Substitutions Rules**

Equal playing time is not permitted. Try your best to rotate your players in the first 3 quarters and use the best discretion for 4<sup>th</sup> quarter.

**C: Game Rules**

Game rules have been developed and modified to provide the most positive, fun, and enjoyment for the boys and girls!

1. The game will consist of four 10-minute quarters. During the first three-quarters of play, the clock will run continuously. During the 2<sup>nd</sup> and 4<sup>th</sup> quarter, a continuous running clock will become a stop clock for the last two minutes of play as long as the teams are within 20 points of one another.
2. **NO ZONES OR PRESSES.** Teams may use man-to-man defense!!!
  - a. There will be no double teaming in the back court. They are allowed to double team inside the 3-point arc.
  - b. Full court Man to man is allowed. Coaches match players up by skill level.
  - c. If a team gets ahead by **10 points or more**, they may not press anymore.
3. Girls & Boys 3<sup>rd</sup> must cross the mid-court stripe within 10 seconds. Over & Back violations will be called for Girls & Boys 3<sup>rd</sup>.
4. One-and-one foul shots will be taken after seven personal fouls per half. Double bonus occurs after the 10<sup>th</sup> team foul. Shooting fouls will receive two shots.
5. Each team will be **allowed three 60 second timeouts per game.**
6. The alternate possession rule is in effect for grades 3<sup>rd</sup> for any tied-up ball situations.
7. **When shooting a foul shot, players may enter the lane when the ball is released, the shooter and players outside the 3 point line however must wait until the ball hits the rim.** In order for a free throw to be counted as a basket, the shooter can not step over the line until the ball hits the rim. If the ball does not hit the rim, it will be called dead. 3<sup>rd</sup> will be called for lane violations.
8. Foul shot line can be moved up based up coaches agreement.
9. Offensive player-control fouls count as **personal fouls**. No foul shots will be awarded, the possession will be given to the opposing side.
10. If the score is tied at the end of regulation play, a three-minute overtime period will follow. The last minute of the overtime period will be stop-clock game conditions. If a second overtime period is needed, it will be sudden death. Each team is allotted one 60 second timeout during the first overtime period. No timeouts will be allowed during the second overtime period. If a player fouled out during regular play, they will not be allowed to participate in overtime play.
11. Any player who receives their 5<sup>th</sup> personal foul will be fouled-out of the game.
  - a. Any player can be substituted for the fouled out player, IF all bench players have already hit their minimum minutes. If not, any player that has NOT hit their minimum, must enter the game.
  - b. If a team only has 5 players and one of them fouls out, the following will occur:
    - i. The player who has fouled out will remain in the game.

- ii. Any subsequent foul, personal or player control, from that player will result in an automatic two points and the ball for the opposing team.

**E: Coach and Player Conduct**

1. Technical fouls result in an automatic two points and possession of the ball for the opposing team.
2. Any player receiving a technical foul will be removed from the remainder of the game and may be suspended from playing in the following game pending a review by the Athletic Directors.
3. Any coach receiving a technical foul must meet with the Athletic Directors before being allowed to coach another game. Any coach that receives two technical fouls in one season will be permanently removed from the team for the remainder of the season.
4. **Mercy Rule:** Any team up by 10 or more points may not full court press.

All other rules and regulations will be in accordance with the current Washington State Inter-Scholastic Basketball Rules and/or BBGC Athletic Director policy.

**Please remember, officials make many judgment calls during the course of the game. They are human and will miss a call or make a mistake. However, their calls are final and will not be changed. Be patient, they are trying their best to be consistent, fair, and impartial.**

The Positive Place for Kids!

	3 <sup>rd</sup>	
Boys Ball	Intermediate	
Height of Rim	10 FT	
Key	3 Seconds	
Jump Balls	Alternate Poss.	
Back Court	Yes	
Press	Yes	
Zone Defense	NO	
Free Throw	Freethrow line	