

Boys and Girls Clubs of Bellevue
Olympic Winter League
Grades 3rd-6th Grade

A: Participation and Substitutions Rules

Each team will consist of 6-12 players. Each player must play at least 10 minutes of every game. Coaches may substitute players on dead balls as they see fit throughout the game.

B: Uniforms

Uniforms may **NOT** be altered in any way (cut, ripped, marked). If the Athletic Director or Head Official determines the jersey is altered the person or persons will be removed from the game and have to find an approved same color shirt. **BEFORE ENTERING THE GAME ALL PLAYERS MUST HAVE THEIR JERSEY'S TUCKED IN.**

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 fourth quarter, a continuous running clock will become a stop clock for the last two minutes of play as long as the teams are within 15 points of one another.
2. **Zone defenses are permitted.** Teams may use person-to-person defense or zone defense at any time during the game.
 - a. Double teaming, trapping, switching, and sagging will be permitted anywhere on the court as long as the teams are within 20 points of one another.
 - b. If a team gets ahead by 20 points or more, they may not press. They will only be allowed to trap or double team inside the other teams 3 point line.
3. Girls & Boys 3rd-6th must cross the mid-court stripe within 10 seconds. Over & Back violations will be called for Girls & Boys 3rd -6th Grade.
4. One-and-one foul shots will be taken after seven personal fouls per half. Double bonus occurs after the 10th 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 3rd - 6th for any tied-up ball situations.
7. When shooting a foul shot, players may enter the lane only after 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. 3rd -6th grade boys and girls will be called for lane violations.
8. Offensive player-control fouls count as personal fouls. No foul shots will be awarded, the possession will be given to the opposing side.
9. 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.
10. Any player who receives their 5th 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 20 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 rd /4 th	5 th	6 th
Boys Ball	Intermediate	Intermediate	Regulation
Girls Ball	Intermediate	Intermediate	Intermediate
Height of Rim	10 FT	10 FT	10 FT
Key	3 Seconds	3 Seconds	3 Seconds
Jump Balls	Alternate Poss.	Alternate Poss.	Alternate Poss.
Back Court	Yes	Yes	Yes
Press	Yes	Yes	Yes
Zone Defense	Yes	Yes	Yes
Free Throw	12 FT	15 FT	15 FT