

BASKETBALL

CHANHASSEN ATHLETIC ASSOCIATION



2024 Game Rules - 3rd Grade Girls & Boys

Coaches should take control of the game and use common sense. You know your team and what to expect from them. Work with the other coach to create a good experience. Be competitive but don't let winning take precedence over teaching fundamentals and sportsmanship. Above all, teach kids to respect their coaches, teammates, and opponents. You are the example. If you are having fun, the kids will too. CAA greatly appreciates your help.

Game Basics:

- Games will be one hour. This includes warmup (~10 minutes) and halftime (~5 minutes). Actual Game time should be at least 40 minutes with 8 five-minute quarters. Coaches can shorten warmup and halftime to increase game time.
- Quarters must have a running clock.
- **GAMES MUST END ON TIME.** There is no overtime. If you go over one hour, you are taking playing time from the next teams. The school district will close the gym at the scheduled end time even if we're running late.
- 4 on 4 for both girls and boys
- 10-foot baskets for both girls and boys
- Ball size is 27.5"
- All players are to receive equal playing time. Players should rotate every 5-minute quarter.
- A coach from each team will referee
- Use a jump ball to start games. Alternate out of bounds throughout the rest of the game.
- Coaches should work together to match-up kids with near-equal ability. Avoid mismatches.
- Get kids used to taking the ball out of bounds after a basket, but okay to check at top if needed
- If excessive delays result when players stop dribbling, use a 5-second count to force a pass.

Defense Expectations:

- Players are not allowed to play defense past the mid-court line. Defenders must fall back to midcourt when the offense takes the ball out after a basket or gets a defensive rebound.
- Defenders should pick up their assigned player near the three-point arc area. Rule objective is to give opportunity for everyone to bring the ball up the court to work on dribbling skills.
- Stealing passes and off the dribble is allowed. If a team falls behind by 20+ points, the team in the lead cannot steal until the score differential has fallen below 20.
- Man-to-man defense only. Switching off screens is allowed. Note: Picks are allowed this year.
- Help defense in the lane is only allowed under the basket. No sagging defenses off point guard.

Violations:

- Traveling, double dribble, etc. will be called selectively using coaches' judgment. In general, rules will be called tighter for each grade.
- Remember to explain the infraction clearly on the court. Use mistakes as teachable moments. Coaches should confer about how the game should be called before the game.

Scoring:

- Coach discretion if scores should be kept. If you keep score, consider resetting the score to zero, if the game is a blowout at halftime. **We don't track wins & losses.**
- OPTIONAL – If game time permits, coaches can introduce free throws on shooting fouls only