

Billerica Youth Basketball
Grade 3/4 Rules – Girls
As of 11/21/2022

Each game will be governed by high school rules with the following exceptions:

- Two 20 minutes running time halves.
- 8 1/2 foot baskets
- 28.5 size basketball
- Mandatory substitutions every 4 minutes with 5 seconds stopped during subs
 - Substitution sheets are MANDATORY
 - EACH GAME WILL CONSIST OF AS MANY 4 MINUTE PERIODS THAT CAN BE COMPLETED WITHIN THE HOUR
- Half court man-to-man defense only
- NO DOUBLE-TEAMING PLAYER WITH THE BALL
- Help defense can be played in the key only
- Violations will result in loss of possession for the following
 - Out-of-bounds
 - Double dribbling
 - Traveling
 - 5 seconds to inbounds the ball
 - 5 seconds in the paint instead of 3
 - 10 seconds to advance past half court
 - 5 seconds closely guarded only when dribble is picked up
- No timeouts
- Team and player fouls don't accumulate and not recorded
- Jump ball to start the game. Alternating possession used for tie-ups and start of second half
- No score is kept on paper or clock