



4th/5th Grade Division Modifications

In this division, some rules are modified for better game play and to provide players with the best atmosphere to succeed and have fun.

- 1) NO PRESSING or TRAPPING AT ANY TIME
 - a. No full court, No half court
- 2) Offense has a FREE CLEAR ACROSS HALF COURT
 - a. DO NOT HAVE YOUR DEFENDER STAND AT HALF COURT CHALLENGING THE POINT GUARD TO CROSS
 - b. If a pass is attempted across half court, it can be intercepted.
- 3) Offense has 10 SECONDS to get ball across half court. Once across, back-court rule in effect.
 - a. Yes, a team can run out the clock in the backcourt if they inbound the ball with 10 seconds or less left in the half/game.
 - b. **Teams CAN NOT utilize Time Outs**, to gain an additional 10 seconds to cross half court. If a time out is called once the ball is inbounded, the team will only have the remaining seconds to cross half court when game play is resumed.
- 4) **Only TWO coaches** allowed on the bench during games. The head coach can stand. Assistant coach must stay seated.

Before Playoffs begin, we will discuss allowing a full court press in the final 2 minutes of the game

- 5) “MAN-HELP” or “PACK-LINE DEFENSE” is **ENCOURAGED**.
 - a. [The Best Defense For Youth Basketball](#) – PLEASE READ and STRONGLY CONSIDER TEACHING!
 - b. NBA Youth Guidelines recommend against ZONE Defense at this age as it inhibits gameplay, and limits player movement.
- 6) The goal of this age group is for players to continue gaining confidence with the ball in their hands. While stealing is allowed, do not teach your players to REACH or aggressively steal the ball. Teach them to move their feet on D, use good body position and be opportunistic on passes, loose balls, and careless dribbling. Help them build good habits.