

**TRAINEE 3 BOYS  
SPECIAL RULES OF THE DIVISION**

1. **HS RULES**: High school rules apply unless specified to the contrary by the following rules.
2. **BALL**: Games will be played with a 285-size basketball.
3. **COURT**: Games will be played on a mini-court with nine-foot baskets.
4. **FOUL SHOTS**: Foul shots for Trainee 3 and Intermediate-Senior Intermediate Girls will be shot from a line that is 24-inches in from the regular foul line. Trainee 4 will shoot foul shots from the regular foul line.
5. **CLOCK**: Eight-minute running clock per quarter. The clock will stop on the referee's whistle the last two minutes of each half. See Clock Rules.
6. **OVERTIME**: A game cannot end in a tie. Overtime periods, if necessary, will be three minutes long. The first minute will be played with a Running Clock and the last two minutes with a Stop Clock.
7. **SCORING**: All field goals count 2 points. No 3-point shots.
8. **BACKCOURT GUARDING**: Backcourt defenses are prohibited. Defensive players cannot pressure the offensive player after he or she has gained possession of the ball in his or her backcourt. The ball must cross into the frontcourt before the defensive player can pressure the ball. If the offensive team loses control of the ball in the backcourt, the defensive team cannot try to take possession of the ball until it crosses the half court line. Unintentional backcourt guarding should not be called.
9. **DEFENSE – T4 AND SIG DIVISIONS**: Teams may play either “man to man” or zone defense.
10. **DEFENSE - ALL OTHER DIVISIONS**: In all Divisions other than T4 and SIG, all players must play "man to man" defense. The defensive player must be within 3 feet of the offensive player he or she is guarding if the offensive player is inside the 3-point line. When an offensive player is outside the 3-point line, the defending player does not have to defend outside the 3-point line but the defending player must stay in line with the guarded offensive player and the basket.
11. **DOUBLE/TRIPLE-TEAMING**: The defensive team can double-team the ball once in the frontcourt. The second player to double team the ball does not have to guard his or her player first and then double team. An offensive player cannot be double teamed if he or she does not have the ball. The offensive player can be triple teamed in the lane only. A triple team outside the paint will not be called unless the third defender is actively trying to get the ball or impedes the ball handler.
12. **DEFENSE VIOLATIONS**: A warning will be given for illegal backcourt guarding, three on one guarding outside the paint, and zone defenses. The third cumulative warning will result in a two-shot technical foul with the offensive team keeping possession of the ball. Each successive warning, after the third, will also result in a two shot technical. Unintentional backcourt guarding should not be called.

13. **PLAYING WITH FOUR**: In divisions only allowing "man-to-man defense", if a team has to play with four players, the coach with five players must notify the referees which player will not have a specific player to guard. This player may play anywhere on the floor outside the paint and double-team the ball anywhere on the court. The player cannot play a zone inside the paint. A player cannot double-team another player who does not have the ball.
14. **INBOUNDING**: On all out of bounds plays, in the last 2 minutes of each half, where the ball is to be inbounded into the frontcourt, the offensive team cannot throw the ball into the backcourt to put the ball into play. The offensive team must inbound the ball into the frontcourt. If the ball is inbounded into the backcourt, "over and back" will be called.