



Youth Basketball Rules and Regulations

1st&2nd Grade Fundamentals

General

- Fundamentals for 30 minutes, 5-minute short games played for remainder of the time/hour.
- This league is to better develop the skills of the individuals as players and as a team. Scores and standings will not be kept. No post-season tournament.
- Five players needed for a complete team, can start with a minimum of four players.
- 27.5" (youth) size basketballs will be used.
- Rim height will be 8 ft.
- Each game will begin with a jump ball at mid court. All following quarters of the game will be decided by alternating possession.
- Substitutions are allowed at any dead ball.
- Games will be officiated by the coaches.
- Coaches may be on the court to coach their team, but must stay near the sideline and/or baseline to stay out of the way of play.
- No abusive language or behavior to the players.

Timing

- The clock will continuously run, except for time-outs.

Fouls & Violations

- Fouls and violations related to the game of basketball will be followed, included but not limited to: traveling, double dribble, pushing, blocking, charging, moving screen, etc.

- Foul shots will not be taken. All fouls (including shooting fouls) will result in the ball being taken out of bounds.

Defense

- Man to man defense only. No zone defense.
- No double teaming. Help defense is allowed but the defender must return to their original man when defender is back into position.
- No full court press allowed, defending players can pick up their man at half court.
- Once a rebound is secured defensive players must retreat to half court to play defense.

Offense

- 5-second closely guarded rule will be in effect.





Youth Basketball Rules and Regulations

3rd&4th Grade

General: High School Basketball Rules will govern play with the following modifications:

- All boys/girls must play in at least one quarter of the game.
- Rim height will be 10 ft for the boys and 8 ft for the girls.
- Each game will begin with a jump ball at mid court. Possession will then alternate according to the arrow.
- Substitutions are allowed at any dead ball.
- A 28.5 size ball will be used for Boys.
- A 27.5 size ball will be used for Girls.
- Five players needed for a complete team, can start with a minimum of four players.
- No abusive language or behavior to the players or officials.
- This league is to better develop the skills of the individuals as players and as a team.

Timing

- Four, eight-minute quarters. The clock will continuously run, except for the last two minutes of the second and fourth quarters. The clock will stop on every dead ball.
- Three-minute halftime.
- Four, thirty second time outs for the entire game. Only three-time outs can be carried into the second half.
- If one team is ahead by 20 points, we will reset the score at the 3rd quarter.

Violations

- 5-second in-the key will be called after warning by the referee.
- No ten second rule will be called, but cannot stall.

Fouls

- Fouls will be recorded as normal. 6 fouls committed during the game will result in that player having to sit out the remainder of the game.
- Foul shots will be taken; bonus and double bonus will be in effect.
- If a player receives a technical foul, they will sit out for the remainder of the quarter from the time it was given. If a player/coach receives two technical fouls in a single game, he/she will be ejected for the remainder of the game.

Defense

- Man to man defense only. No zone defense.
- No double teaming. Help defense is allowed but the defender must return to their original man when defender is back into position.
- No full-court press allowed, defending players can pick up their man at half court.
- Once a rebound is secured defensive players must retreat to half court to play defense.

Offense

5-second closely guarded rule will not be in effect.





Youth Basketball Rules and Regulations

5th -6th Grade

General: High School Basketball Rules will govern play with the following modifications:

- All boys/girls must play in at least one quarter of the game. Unless they miss practice or are injured.
- Rim height will be 10 ft.
- Each game will begin with a jump ball at mid court. Possession will then alternate according to the arrow.
- Substitutions are allowed at any dead ball.
- A Men's size ball 28.5 will be used for boys.
- An Intermediate size ball 28.5 will be used for girls.
- Five players needed for a complete team, can start with a minimum of four players.
- No abusive language or behavior to the players or officials.
- This league is to better develop the skills of the individual as players and as a team.

Timing

- Four, eight-minute quarters. The clock will continuously run, except for the last two minutes of the second and fourth quarters.
- Three-minute halftime.
- Four-time outs per game. Only three-time outs will be carried into the 2nd half.
- Three-minute overtime, running clock until the last minute of the overtime.
- If one team is ahead by 20 points, we will reset the score at the 3rd quarter.

Violations

- 3-second in-the key will be enforced.
- 10-second rule will be enforced.
- Full court press will be allowed the last two minutes of the fourth quarter. Unless your team is up by 10 or more points. The defense must then return to their half to play defense.

Fouls

- Fouls will be counted as normal. 5 fouls committed during the game will result in that player having to sit out the remainder of the game.
- Foul shots will be taken; bonus and double bonus will be in effect.
- If a player receives a technical foul, they will sit out for the remainder of the quarter from the time it was given. If a player/coach receives two technical fouls in a single game, he/she will be ejected for the remainder of the game.

Defense

- Man- to- man defense or Zone defense is allowed. We encourage coaches to teach/use both types in games to better prepare the kids for the next level.
- Double teaming will be allowed.
- A full-court press will only be allowed during the last 2-minutes of the second and fourth quarters. At all other times there can be no defense played until the ball crosses the half court line.
- If your team is up by 10 or more points you must return to half court to play defense.

Offense

- 5-second closely guarded rule will be in effect.

