



# Youth Basketball League

## Rules and Regulations

### Game Rules:

	1st/2nd	3rd/4th	5th/6th
Ball Size	Size 5: 27.5	Size 6 (Woman's): 28.5	Girls: Size 6 Boys: Size 7 (29.5)
Court	1/2 Cross Court	Cross Court	Full Court
Rim Height	8'	10'	
Scoring	No Score Kept	Score Kept - Teams can lead by no more than 20 points. Games will continue, but a lead will not grow past 20.	
Uniforms	Provided jersey must be worn at all games. No snaggable jewelry.		
Tip Off	Home team in-bounds the ball at first and third quarter. Away team in-bounds the ball at second and fourth quarter.		
Jump Ball	Teams will alternate taking the ball out of bounds, starting with the away team. This rotation will be monitored by the scorekeeper.		
Rosters	Teams play 2x 3v3 games. Each game may be started as 2v3, but same rules apply as in 3/4 and 5/6 divisions.	Teams must have 4 players to start a game. Teams must have 5 players before the start of the 2nd quarter, or the game will be considered forfeit. Coaches may discuss playing 4v4 as a show of sportsmanship, but are not required. Teams with 3 or fewer players at gametime will result in forfeit. Forfeit games may still be played at the discretion of each coach.	
Injuries	Clock will stop per the referees discretion while the injured player clears the field. Players must sit out if concussion is suspected.		
Blood Rule	A player with a bloody injury or blood on their uniform must leave the game. The player may not return until the wound is no longer bleeding, the wound is bandaged, and/or the uniform is changed.		

Game Timing:

1st/2nd

3rd/4th

5th/6th

Time Clock	Scorekeepers will keep time		
Quarters	9 minutes	12 minutes	
Substitutions	Every 3 minutes	Every 4 minutes	
<u>Every player must play at least one full subbing period per quarter. Exception for injuries.</u>			
Running Clock	Clock stops only for time-outs, injuries (discretionary), and substitutions.	Clock stops only for time-outs, injuries (discretionary), and substitutions. Stop-clock in final minute of game.	Clock stops for free throws awarded after a shooting foul, time-outs, injuries, and substitutions. Stop-clock in final minute of game.
Overtime	No overtime		
Time-Outs	One 1-minute timeout per half (use it or lose it)		
Half Time	2 minutes		

Defense:

1st/2nd

3rd/4th

5th/6th

Full Court Press	Not allowed		
Man-to-Man	No switching	Switching allowed	
Zone Defense	Not allowed		Allowed

Offense:

1st/2nd

3rd/4th

5th/6th

Screens/Picks	Not allowed: no switching man to man	Screens are allowed	
Stealing	No stealing (pass interception ok)		Stealing is allowed
3 point	No lines and not developmentally appropriate		Allowed
Backcourt (Over & Back)	Rule does not apply.	Offensive players cannot return to the backcourt after advancing the ball past half court. Rule violation results in change of posession.	
Back Court Count	Not Counted	10 second count	

Fouls:

1st/2nd

3rd/4th

5th/6th

Dribbling	Change of posession inbounded at closest point to foul				
		Grounded fouls result in inbounding from nearest point by fouled team. If airborne shooter, 2 points are automatically awarded and there is a change of posession.	Grounded fouls result in inbounding from nearest point by fouled team. If airborne shooter, 2 free throws awarded (players on the line can get in position after shooter releases ball). "And 1" in play.		
Shooting	Change of posession (no score kept)				
Player/Team Fouls	Personal fouls will be kept and players will be disqualified should they receive five in one game. Team fouls will not be kept.				
Flagrant, Intentional, Technical	Fouled team gets automatic 2 points and posession of the ball. Player incurring foul must be sat for the rest of the subbing period on first offense.				
Flagrant	Unintentional Swinging of the elbows that makes contact above the shoulders, kicking another player, shoving, tripping etc. Fouled team gets automatic 2 points and posession of the ball. Player incurring foul must be sat for the rest of the subbing period. Further infractions result in longer sitting periods (quarter, half, rest of game).				
Flagrant Level 2	Any action that shows intent to harm another player. Fouled team gets automatic 2 points and posession of the ball. Player guilty of the foul must sit the rest of the game. The recreation supervisor will be informed if more than one infraction occurs, and may result in removal from the league. <u>Fighting will not be tolerated.</u>				
Intentional	A contact foul that is meant to neutralize an opponent's obvious advantage. Results in automatic 2 points and posession of the ball for fouled team. May be upgraded to flagrant/technical depending on severity.				
Technical	Any showing of unsportsmanlike conduct. Player must be sat for the quarter on first infraction, pulled from the game on second. Repeated infractions will result in discussion of removal from the league. Coaches incurring technical fouls must have a discussion with Recreation Supervisor. Coaches incurring more than one technical will be asked to step away from the game by recreation staff.				

All rules subject to change at the discretion of the league organizer. Rules are designed to maximize flow of play, player enjoyment, and age-appropriate development.