



Youth Basketball League

Rules and Regulations

Game Rules:

| 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 | |
| Running Clock | <u>Every player must play at least one full subbing period per quarter.</u> Exception for injuries. | | |
| | 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. |
| | No overtime | | |
| Overtime | One 1-minute timeout per half (use it or lose it) | | |
| Time-Outs | 2 minutes | | |
| Half Time | | | |

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 possession. | |
| Back Court Count | Not Counted | 10 second count | |

Fouls:

1st/2nd

3rd/4th

5th/6th

| | | | |
|----------------------------------|---|---|---|
| Dribbling | Change of possession inbounded at closest point to foul | | |
| Shooting | Change of possession (no score kept) | 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 possession. | 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. |
| 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 possession 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 possession 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 possession 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 possession 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.