

# **Youth Basketball Rules**

## Baldwin - De Soto – Eudora - Wellsville

Modified National Federation of State High School Associations (NFHS) Basketball rules.

### **SPORTSMANSHIP RULE:**

Zero-Tolerance for profanity, heckling, abusive language, or gestures of harm by officials, coaches, players or spectators. In any case, the game will be stopped and the person(s) involved will be asked to leave the premises before the game will continue.

### **TIME:**

**1<sup>st</sup>/2<sup>nd</sup> Grade** - 8 minute quarters with running clock. The clock will only stop for timeouts and injuries. There will be one minute between each quarter and five minutes for half time.

**3<sup>rd</sup>-6<sup>th</sup> Grade** - 20 Minute halves with running clock. Clock will only stop for timeouts and injuries. There will be five minutes for half time.

### **OVERTIME:**

NO overtime, game will conclude at the end of regulation, regardless of the score.

### **TIMEOUTS:**

Each team will receive two timeouts per half and will not be allowed to carry them over to the next half. Each time out will be one minute in length, game clock will stop.

### **START PLAY:**

The game will begin with a jump ball and will use an alternate possession for control of the ball at the start of the 2<sup>nd</sup> half.

### **SUBSTITUTIONS:**

Substitutions must check in at the score table and wait for an official to motion them into the game. Players should hustle on and off the court.

### **DEFENSE:**

*ALL Grade Levels – Participants are allowed to play either Man-to-Man or Zone defense and cannot play defense until offensive team has crossed half court. No full court press at any point during the game.*

(1<sup>st</sup> & 2<sup>nd</sup> Grade will use a “wristband” system to help the kids find who they are covering.)

### **FOULS:**

5 fouls per player, after the 5<sup>th</sup> foul the player will be asked to sit and watch the game from the team bench.

### **FREE THROW LINE DISTANCE:**

**3<sup>rd</sup> & 4<sup>th</sup> Grade** – Second lane space marking down from the free throw line.

**5<sup>th</sup> & 6<sup>th</sup> Grade** – Regulation free throw line

**TECHNICAL FOUL:**

Counts towards team/personal fouls and the individual will sit the rest of the game. The opposing team will receive 2 foul shots and the ball out. Technical fouls will carry throughout the season:

1<sup>st</sup> technical foul = Ejection from game

2<sup>nd</sup> technical foul = Ejection from game and 1 game suspension

3<sup>rd</sup> technical foul = Ejection from game and rest of the season.

**COACHES TECHNICAL FOUL:**

Technical foul by coach will give the opposing team 2 foul shots and the ball out. Technical fouls will carry throughout the season.

1<sup>st</sup> technical foul = Ejection from game and MUST leave premises.

2<sup>nd</sup> technical foul = Ejection from game, MUST leave the premises and dismissal from coaching duties for the remainder of the season.

**PRE-GAME WARM-UP:**

Ten minute warm-up period before each game and the warm-up clock will start at the conclusion of the previous game.

**BALL SIZE & BASKET HEIGHT:**

1<sup>st</sup> & 2<sup>nd</sup> Grade division will play on 8' goals and a Junior-size basketball

3<sup>rd</sup> & 4<sup>th</sup> Grade division will play on 9' goals and a 28.5" basketball.

5<sup>th</sup> & 6<sup>th</sup> Grade division will play on 10' goals and a 28.5" basketball.

**FOCUS:**

Be sure each player gets equal playing time. This is a recreational league and the emphasis should be on participation, fundamentals and fun.