Tri-County Basketball

1st – 2nd Grade

YOUTH BASKETBALL RULES

Revised December 2025

YOUTH BASKETBALL RULES

LEAGUE ADMINISTRATIVE RULES

Teams will play according to the current edition of the National Federation of State High Schools with the following exceptions:

GAME ADMINISTRATION

1. LEAGUE GAMES SHALL BE PLAYED AS SCHEDULED. Any changes or cancellations will be announced. Games cancelled due to weather will be rescheduled if at all possible.

2. All players must wear gym or tennis shoes with non-marking soles.

3. Official ball size is a rubber junior size ball (Size 5, or 27.5")

4. Games will be officiated by **1 coach from each team**. Each team needs an assistant coach, or parent to supervise their bench.

5. Coaches of the teams playing the first game of the day need to arrive early enough to help set up the gym for the games. (Coaches are encouraged to have a team parent help.)

6. Coaches of the teams playing the last game of the day need to stay after the game and help with gym clean up. (Coaches are encouraged to have a team parent help.)

7. Line up sheets will be prepared prior to the beginning of the game (See instructions below.)

GAME TIMING

1. Games shall consist of four, eight (8) min quarters. The clock will be a running clock, only stopping at the 4:00 mark for subs and at the end of each quarter. The game clock will be stopped on an official time out and or a team time out.

2. Half-time shall be five (5) minutes long. However, we will signal each team at 3 minutes, so that they can start their team line-up to be finished at the 5 min. mark.

3. There will be 60 seconds allowed for match-ups at the quarter breaks and half time.

4. Each team will be allowed 1 team time out per half.

5. The scoreboard will be used for timing only. **No score will be kept**.

GAME OFFENSE

1. Three second violations will not be enforced.

2. Basket height will be 8' or as close as possible on adjustable baskets.

3. Each team will play with 4 players on the court, instead of the usual 5. This is to help with spacing and allow for better teaching of offensive and defensive fundamentals.

GAME DEFENSE

1. Defense may not double team the ball.

2. Defense may not double team a player without the ball.

3. Zone defense is not allowed.

4**.** <u>BACK COURT DEFENSE</u>

a. Once a defensive player gains control of the ball in the backcourt, the team must be allowed to move the ball unhindered past the center line. No full court press/defense.

b. When bringing the ball up the court, the team on defense can't guard the player with the ball until the ball crosses the volleyball court 10 ft line (10 feet past the center line.) The purpose for this is to allow the offense time to set up.

c. Any ball being passed from backcourt to frontcourt may not be intercepted until the ball crosses the center line.

d. If the back-court guarding rules are violated, each team shall be given one warning per half to be followed by a technical foul on each occurrence thereafter.

VIOLATIONS

1. All stoppage of play (fouls, travels, balls out of bounds, etc.) will have play restarted from the spot of the call or the top of the key.

2. If fouls are called, play will be stopped, the ball will be given to the offensive team at the top of the key and no free throws will be shot.

3. Double dribbling / traveling – If a ball handler commits either of these violations then play will be stopped, the ref will explain to the ball handler what they did and the player will be given the ball at the top of the key to resume play. Referees will use their best judgment as to what constitutes a violation.

MANDATORY SUBSTITUTION RULES

1. All eligible players in uniform must enter the game and play the amount of time stated in the following rules:

a. During all quarters of play, the mandatory substitution rule shall be in effect. For all 4 quarters of play, substitutions can only be made at the midway break of each quarter and at the quarter break.

b. Ten minutes before the start of the game, a line-up card **(provided at the gym and online)** will be filled out with all players in the order in which the coach wants them to play. The line-up card must be given to the gym monitor. Each player shall receive a number to indicate the order in which they will enter the game.

c. In the Example (below), the 1st quarter is started with players 1 through 4; at the midway break, players 5, 6, 7, 8 will enter. At the start of the 2nd quarter, players 1, 2, 3, 4 will again be playing, and so on.

2. Substitution for Injuries - If a player is injured and needs to exit the game, **the next player on the rotation schedule will enter the game and will replace the injured player.** That player will remain in the game until either the injured player is ready to return to the game, or until the next scheduled substitution time occurs. If the player is unable to return to the game, the substitution schedule will be adjusted by skipping over the number of the replaced player whenever it occurs during substitutions. Otherwise, the substitution sequence will remain the same.

3. If a player is being disciplined or is sick and will not be fulfilling the playing requirements, it shall be reported to the game officials and the opposing coach before the game. Follow your local program rules for benching a player for disciplinary purposes.

EXAMPLE

	TEAM:								
#	**NAME**	1ST	SUB	2ND	SUB	3RD	SUB	4TH	SUB
	PLAYER 1	X		X		X		X	
	PLAYER 2	X		X		X		X	
	PLAYER 3	X		X		X		X	
	PLAYER 4	X		X		X		X	
	PLAYER 5		X		X		X		X
	PLAYER 6		X		X		X		X
	PLAYER 7		X		X		X		X
	PLAYER 8		X		X		X		X

SCORE	HOME		AWAY	COACH