



## YOUTH LEAGUE RULES

**All games will be played under the rules followed by the National Federation of High School Basketball with exceptions noted below.**

1. 3<sup>rd</sup>- 6<sup>th</sup> grade use 28.5 basketball and 7<sup>th</sup> & 8<sup>th</sup> grade use 29.5 basketball.
2. Only one head coach and one assistant coach allowed on the bench.
3. Two Twenty Minute Halves
4. Clock stops **only** on Time Outs and Free Throws and Last Minute of the Game if the Lead is 10 points or less.
  - a. Two 30 second Time Outs per half; Time Outs **do not** carry over.
5. Overtime
  - a. 1 minute - first overtime
  - b. Sudden Death (First to Score) – second overtime.
6. All players **MUST** play at least 20 minutes each game.
7. One and one free throws on the 7<sup>th</sup> foul of each half and double bonus on the 10<sup>th</sup> foul of each half
8. Technical fouls result in 2 free throws and possession of the ball
9. Full court press and any defense is permitted (5<sup>th</sup> and up)
  - a. 3<sup>rd</sup> & 4<sup>th</sup> grade division must play half court man-to-man defense for first 30 minutes then any defense in the last 10 minutes. During first 30 minutes, players cannot “help off” of their man until player penetrates free throw lane area.
  - b. 3<sup>rd</sup> & 4<sup>th</sup> grade division free throw shooter can jump across free throw line without penalty.
  - c. **All divisions – No Full Court Press after 10-point lead**

*(See important Points of Emphasis on page 2)*



## Youth League Rules – Points of Emphasis

### PLAYING TIME RULE – How to ensure everyone plays 20 minutes/game

#### WHY THE RULE?

- To make rotations simpler and easier to manage for coaches.
- Guarantee playing time rules are administered fairly and easily.
- Ensure all players get their promised minimum of 20 minutes
- Ensure any violations of this rule are easily identifiable.
- Most importantly, to ensure the league remains a competitive league.

#### HOW THE RULE WILL BE ADMINISTERED:

- Unless on a fast break or in the middle of a shot, referees will blow the whistle every 5- minutes at the 15-, 10-, and 5-minute marks of the half calling for substitutions.
- Once this happens, **whoever is on the bench will have to come in the game at the 5-minute marks** (no exceptions unless a player has fouled out or is injured).
- 10 player teams must have everyone come off the floor at the 5-minute marks.
- Less than 10 player teams, **each player must come off the floor for at least one of the 5-minute increments (no player can play more than 35 minutes unless a team only has 5 players)**.
- IMPORTANT TO NOTE: there will be no substitutions within the 5-minute increments unless a player fouls out or has an injury.

### 3<sup>rd</sup>/ 4<sup>th</sup> GRADE DIVISION - Defense Clarification

- 3<sup>rd</sup>/4<sup>th</sup> grade must play man-to-man defense during the first 30 minutes of the game.
- All players must be within an arm length of the person they are guarding.
- A player can ONLY help off their player when another player dribbles into the free throw lane area.
- Offenses cannot run deliberate clear outs with one player on one side of the court and the other 4 players on the other side of this court which will nullify this rule. If this happens, all players can help guard the offensive player.
- Violating these rules will create a warning. After 2 warnings, a technical will be assessed with the offense receiving 2 free throws and the ball.

Reference **Event Code of Conduct** for expected behaviors from players, parents, and coaches.

**Best of Luck in the Games!**