

YOUTH BASKETBALL RULES

K-2 Grade

I. Playing Rules

- a. Game will be played on an 8 ft. basket.
- b. Two 20 minutes halves with a running clock. Clock will stop on all dead balls in the last minute of each half.
- c. Each team will receive two 30-second time-outs per half. Time-outs cannot be carried over into the second half.
- d. Players must receive equal playing time.
- e. Substitutions are unlimited but must be made during a dead ball and must be official.
- f. Two technical fouls in one game will result in an ejection and player will be considered for suspension of the next game. Two ejections will result in disqualification from league play for the rest of the season.
- g. Each half will begin with a jump ball.
- h. All teams must have at least four players to begin a game.
- i. No jewelry can be worn during game play.

II. Offense

- a. Offense has ten seconds to advance ball to half-court.
- b. To allow the game to be played, double-dribbling and traveling are left to the discretion of the official. If the official does call a violation the official will explain the violation. Violation does not result in a turnover; team keeps possession.

III. Defense

- a. No double teaming. Man-to-man defense only.
- b. No pressing, defense must set up at half court before offense advances.
- c. The defense cannot steal the ball from the ball handler; steals only on the pass.
- d. No shot blocking; hands can be straight up and result in a block.

3-4 Grade

I. Playing Rules

- a. Game will be played on a 10 ft. basket.
- b. Two 20 minutes halves with a running clock. Clock will stop on all dead balls in the last minute of each half.
- c. Each team will receive two 30-second time-outs per half. Time-outs cannot be carried over into the second half.
- d. Players must receive equal playing time.
- e. Substitutions are unlimited but must be made during a dead ball and must be official.
- f. Two technical fouls in one game will result in an ejection and player will be considered for suspension of the next game. Two ejections will result in disqualification from league play for the rest of the season.
- g. Two shot free throw for technical fouls.
- h. Each half will begin with a jump ball.
- i. All teams must have at least four players to begin a game.
- j. No jewelry can be worn during game play.

II. Offense

- a. Fast breaks cannot be made until the 4th quarter. Defense must set up at half court before offense advances.
- b. Offense has ten seconds to advance ball to half-court.
- c. Any offensive player is allowed 5 seconds in the lane.
- d. Double dribble and traveling result in a turnover.

III. Defense

- a. The defense cannot steal the ball from the ball handler; steals only on the pass.
- b. No shot blocking; hands can be straight up and result in a block.
- c. Defense must set up at half court before offense advances. In the 4th quarter defense may press.

5-6 Grade

I. Playing Rules

- a. Game will be played on a 10 ft. basket.
- b. Two 20 minutes halves with a running clock. Clock will stop on all dead balls in the last minute of each half. If game is tied at the end of regulation, a 2 minute overtime will be played.
- c. Each team will receive two 30-second time-outs per half. Time-outs cannot be carried over into the second half.
- d. Players must receive equal playing time.
- e. Substitutions are unlimited but must be made during a dead ball and must be official.
- f. Two technical fouls in one game will result in an ejection and player will be considered for suspension of the next game. Two ejections will result in disqualification from league play for the rest of the season.
- g. Each player is allowed 6 personal fouls a game.
- h. Two shot free throw for technical fouls.
- i. Two free throws are shot for a shooting foul.
- j. Four players required to begin a game.
- k. Each half will begin with a jump ball.
- l. No jewelry can be worn during game play.

II. Offense

- a. Fast breaks are allowed unless winning team is leading by 10 or more points. Trailing team may run fast break.
- b. Offense has ten seconds to advance ball to half-court.
- c. Any offensive player is allowed 3 seconds in the lane.
- d. Double dribble and traveling result in turnover.

III. Defense

- a. Pressing is allowed unless winning team is leading by 10 or more points. Trailing team may press.
- b. Steals are allowed from the dribbler and the pass.
- c. Defense may block shots.

7-8 Grade

I. Playing Rules

- a. Game will be played on a 10 ft. basket.
- b. Two 20 minutes halves with a running clock. Clock will stop on all dead balls in the last minute of each half. If game is tied at the end of regulation, a 2 minute overtime will be played.
- c. Each team will receive two 30-second time-outs per half. Time-outs cannot be carried over into the second half.
- d. Players must receive equal playing time.
- e. Substitutions are unlimited but must be made during a dead ball and must be official.
- f. Two technical fouls in one game will result in an ejection and player will be considered for suspension of the next game. Two ejections will result in disqualification from league play for the rest of the season.
- g. Each player is allowed 6 personal fouls a game.
- h. Two shot free throw for technical fouls.
- i. Two free throws are shot for shooting fouls.
- j. Four players required to begin a game.
- k. Each half will begin with a jump ball.
- l. No jewelry can be worn during game play.
- m. Bonus free throws (1&1) after 7th team foul. Two free throws after 10th team foul.

II. Offense

- a. Offense has ten seconds to advance ball to half-court.
- b. Any offensive player is allowed 3 seconds in the lane.
- c. Double dribble and traveling result in turnover.
- d. Fast breaks are allowed at all times.

III. Defense

- a. Pressing is allowed at all times.
- b. Steals are allowed from the dribbler and the pass.
- c. Defense may block shots.