

Youth Basketball Rules

3rd & 4th Grade – 5th & 6th Grade

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:

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 2nd 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.

FOULS:

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

No one and one after entering the bonus.

Teams will reach the double bonus after their opponent commits 7 team fouls in a half.

FREE THROW LINE DISTANCE:

3rd & 4th Grade – Second lane space marking down from the free throw line.

5th & 6th 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:

1st technical foul = Ejection from game

2nd technical foul = Ejection from game and 1 game suspension

3rd 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.

1st technical foul = Ejection from game and MUST leave premises.

2nd 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:

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

5th & 6th 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.