



Smithfield RECREATION

Youth Basketball Rules

1. Length of Games: (4) eight-minute quarters (3rd -8thGrade Leagues)
(4) six-minute quarters (K-2nd Grade Leagues) 20 minutes before each game Practice
Overtime periods will be (3) minutes with each team receiving (1) full time out. Timeouts
do not carry over from regulation. There is no overtime period in the K-4th grade
leagues. The game ends in a tie.
2. Clock stops only on: A. Official time-outs. Three per team/per game, 1 minute each (K – 6th Grade).
B. All whistles during the **last minute** of each quarter.
C. All free throws.
D. Injuries or upon the referee’s discretion.
3. Seconds in the key: K- 4th Grade – No rule.
5th - 8th Grade – 3 seconds.
4. Free Throw Line: K- 4th Grade - 10 Feet. This is where the line is already marked in the youth
center. For games played in the Civic Center the line will be marked with floor
tape.
5th - 8th Grade - Regulation Distance.
5. Ball Size: K - 2nd Grade - 27.5
3rd - 6th Grades - 28.5
7th - 8th Grades - 29.5
6. Playing Time: All Players should play at least half of every game. All players must sit out at
least one complete quarter per game unless their team only has 5 players.
7. Back Court Rule: K - 4th Grades only – No Back-Court rule.
5th - 8th Grades – Back Court rule in effect.
8. Defensive Position: K - 6th Grades only – In the K-2nd grade leagues each player will receive a
colored wristband and must guard the player with the same colored band. If at any time
between quarter/halftime breaks such as a timeout or other delayed dead ball where the
teams have come to their respective sidelines and **players switch wristbands for any
reason**, such as for substitution or defensive strategy, the coach switching wristbands
must announce to both the officials and the opposing coach that the change was made. In
that instance, the officials will have the players line up at mid-court directly across from
the opposing player with the same colored wristband to help the players understand who
the new player is that they will be guarding. Failure to adhere to this rule will result in a
technical foul, 2 free throws, and loss of possession.
In all leagues (except 7th/8th) the defensive team must drop back to the 3- point line when the
ball is in-bounded after a basket or rebounded after a missed shot attempt. Defensive
position on any player cannot be established until the offensive player has both feet across
the mid-court line. Failure to drop back to the 3-point line will result in an illegal defense
being called. The first offense will be a warning. After that the offensive team will be
rewarded with 1 free throw and retention of the ball. Coaches need to constantly remind their
players of this rule to keep the game flowing. Exception: During the last minute of the
game a team may full court press if the game is within single digits. This applies to the
5th/6th grade league only. In all the leagues the offensive team is still required to pass the
mid-court line in 10 seconds.
9. Defenses Allowed: K - 4th Grades only – Man to Man only. Switching is allowed as a result of
being “picked or screened”. No double teaming allowed. The first double
teaming offense will result in a warning, thereafter an illegal defense will be
called resulting in one free throw and retention of the ball by the offensive team.

5th - 8th High School Rules.

Coaches: Please come about 15 minutes early to complete the score book for the next game. This will help to keep the games on schedule. Thanks for your help!