



Smithfield RECREATION

Youth Recreation Basketball Rules

In accordance with the State of Utah's phased guidelines, the following precautions will take place this season. We ask that patrons and participants abide by these guidelines.

- Participants will be screened for COVID-19 symptoms before participating in practice or games. Those who are symptomatic cannot participate.
- Participants should sanitize their hands before, during and after participation.
- Spectators should maintain 6' distance from other family groups and wear face coverings when physical distancing guidelines are difficult to maintain.
- Coaches and staff will wear face coverings when within 6' of a participant.
- If a participant has been in close contact (within 6 feet for 15 minutes or more) with an individual who has tested positive for COVID-19, they will be excluded from participation for at least 14 days from their last exposure.
- The coaches will take role at each practice and game to assist with contact tracing.
- The basketballs and other high-touch surfaces will be sanitized between each game.

1. Length of Games: (4) eight-minute quarters (3rd -8th Grade Leagues)
(4) six-minute quarters (K-2nd Grade Leagues) 20 minutes before each game is your 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-5th 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 if the score is within 10 points. (3rd – 8th Grade)
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, 3rd – 4th Boys & 3rd – 5th Girls - 27.5
5th - 6th Grade Boys & 6th – 8th Girls- 28.5
7th - 8th Grade Boys - 29.5
6. Basket Height Kindergarten -8'
1st – 2nd Grade - 8.5'
3rd- 4th Grade - 9'
5th – 8th Grade - 10'
7. 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.
8. Back Court Rule: K - 4th Grades only – No Back-Court rule.
5th - 8th Grades – Back Court rule in effect.
9. Defensive Position: In the K-2nd, 3-4 boys and 3-5 girls 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 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. 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. In the 7th-8th boys and 6th-8th girls leagues if the score is single digits the defense may pick up at half court the last two minutes of the game.

10. 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 boys and 6th – 8th girls - 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!