



## Youth Recreation Basketball Rules

1. Length of Games: (4) eight-minute quarters (3<sup>rd</sup> -8<sup>th</sup> Grade Leagues)  
(4) six-minute quarters (K-2<sup>nd</sup> Grade Leagues) The first 15 minutes of your game time is your practice.  
Overtime periods will be (3) minutes with each team receiving (1) full time out. Timeouts do not carry over from regulation. The 7<sup>th</sup> -8<sup>th</sup> grade league will play overtime. All other leagues there is no overtime, the game ends in a tie.
2. Clock stops only on:
  - A. Official time-outs. Three per team/per game, 1 minute each (K – 8<sup>th</sup> Grade).
  - B. All whistles during the **last minute** of each quarter if the score is within 10 points. (3<sup>rd</sup> – 8<sup>th</sup> Grade)
  - C. All free throws.
  - D. Injuries or upon the referee's discretion.
3. Seconds in the key: K- 4<sup>th</sup> Grade – No rule.  
5<sup>th</sup> - 8<sup>th</sup> Grade – 3 seconds.
4. Free Throw Line: K- 4<sup>th</sup> 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. 5<sup>th</sup> - 8<sup>th</sup> Grade - Regulation Distance.
5. Ball Size: K – 4<sup>th</sup> Grade - 27.5  
5<sup>th</sup> - 6<sup>th</sup> Grade & 7<sup>th</sup> – 8<sup>th</sup> Girls – 28.5  
7<sup>th</sup> - 8<sup>th</sup> Grade Boys - 29.5
6. Basket Height Kindergarten -8'  
1<sup>st</sup> - 2<sup>nd</sup> Grade - 8.5'  
3<sup>rd</sup>- 4<sup>th</sup> Grade - 9'  
5<sup>th</sup>- 8<sup>th</sup> 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 - 4<sup>th</sup> Grades only – No Back-Court rule.  
5<sup>th</sup> - 8<sup>th</sup> Grades – Back Court rule in effect.
9. Defensive Position: In the K-2<sup>nd</sup> 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.

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 7<sup>th</sup>- 8<sup>th</sup> boys and girls leagues a full court press may be used only if the score is within 15 points.**

10. Defenses Allowed:

K - 4<sup>th</sup> Grades only – Man to Man only. Switching is allowed because 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.

5<sup>th</sup> - 8<sup>th</sup> boys and 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!