



City of Pueblo Parks and Recreation

Youth Basketball League Rules



Revised November 11, 2025

Pueblo Parks & Recreation
Junior Hoopsters Recreation Basketball League Rules
2026

Rules that apply to all ages:

1.) Players/ Coaches

- a) Colorado High School rules will be used for 10 & over age groups. (2nd/3rd grade and above)
- b) Rosters are set by Pueblo Parks and Recreation. No player may be added without the consent of the Youth Sports Coordinator and/or Recreation Supervisor.
 - i) Roster names and payments must match the actual players. Any players not officially registered for the team they are playing on will cause that team to forfeit.
 - ii) Players can only play on one team. Both teams will forfeit all games the player has been involved with if teams are found to be using a player that is on multiple teams.
- c) All teams **MUST** wear the jersey provided by Pueblo Parks and Recreation as their team jersey.
- d) Only coaches that have completed the coaching contract, volunteer background check, and have been approved by Pueblo Parks & Recreation can coach. **Assistant Coaches:** can only coach if they have been cleared through the Pueblo Parks & Recreation and have completed the above requirements. Please plan ahead!! It may take up to two weeks for approval.
- e) Coaches will be responsible for their spectators (parents) and player's attitudes/behaviors during practice and games. Should attitudes and/or behaviors become unmanageable; the Site Supervisor will ask the spectators/players to leave the gym. The Youth Sports Coordinator and/or Recreation Supervisor will be notified, and spectators/participants will not be allowed to return until a meeting has been held in the Parks & Recreation office.
- f) **Coaches must be wearing their badges during games**

2.) Practices:

- a) Pueblo Parks and Recreation will provide every team with a minimum of one-hour practice one day a week. Location may vary depending on site availability. After every team has signed up for one practice, the schedule will open as a first come-first serve for a second hour of practice. Once the practice slot has been scheduled you must go through the Youth Sports Coordinator to change the practice slot if any slots are available.

3.) Game:

- a) Warm-up times before game will be 5 minutes.
- b) Coaches will **not** be allowed on the court while the game is in progress.
- c) The game will consist of 4 (8 minute) quarters.
- d) Time between quarters will be 1 minute. Each team will get four per game
- e) Half time will be 3 minutes.
- f) No slapping or reaching in at the ball.
- g) **Substitution Rule:** Substitutions must be made during a dead ball situation, and the player must check in at the table. Coaches are expected to ensure equal playing time for **ALL** players, each player should be playing for at least half of the game.
- h) **Timeouts:** All teams will be given 4 timeouts per game. Timeouts do not carry over into overtime. If overtime applies each team will be given 1 timeout.
- i) **If there is a 20-point lead by a team, the score will not be kept until the gap is narrowed by 10 points by the opposite team.**
- j) Teams are responsible for all trash from their bench area after the game. Post-game talks must be held in a different area to not impede the next game.
- k) **Technical fouls:** All technical fouls will be awarded two points to the opposing team and possession of the ball. Two technical fouls to the same individual (coach, player, or parent) will result in ejection from the game.
- l) **Overtime:** When overtime occurs, it will consist of a 2-minute quarter with the clock stopping the final minute of play on dead-ball situations. If the tie still exists after first overtime, a second overtime will consist of sudden death with the first team to score winning.
- m) **Forfeit Rule:** If a team has not shown up by their scheduled game time, they will have a five-minute grace period to play with a regular game clock. If the team has not shown up by five minutes after scheduled game time, the game is a forfeit. We would like to give the teams every opportunity to play, but if we delay games more than five minutes, the rest of the scheduled games will start late also.

COACHES EXPECTED BEHAVIOR

All youth coaches are required to conduct themselves in a respectable manner. Being a role model for our youth is a task that should be thoughtfully considered. Therefore, it is paramount that the behavior and attitude of our coaches be scrutinized to promote a healthy and rewarding atmosphere for our youth. Remember if the score becomes too high for one team and the team is winning by a substantial margin, the coaches **MUST** put PLAN B into effect. If PLAN B is not used the coach with the winning score will be held accountable.

Section 1.01 DISCIPLINARY ACTIONS

Official(s) and/or PPRD staffs at all recreation program sites have the authority to reprimand, eject, and/or suspend coaches for misconduct. An ejection of any type will result in a minimum of a **2-game suspension from any PPRD program and/or facility** (the ejection game is not included in the suspension period); suspensions may carry over to the next season. If a coach is ejected on another occasion that coach may be suspended from all PPRD programs for a minimum of one year from the date of the second offense. If an individual coaches' multiple teams, the suspensions apply to all teams. All disciplinary actions administered by the official(s) and/or PPRD staff are at their discretion.

WHAT IS PLAN B??

Plan B stresses the following:

- **Good Sportsmanship**
- **Opportunity for all children to receive playing time**
- **Players will get the chance to experience all positions**

Who enforces Plan B? The unique thing about the concept is that it is enforced by the coaches. They hold each other accountable. Officials are also aware of Plan B and will remind the coaches. It is tough to keep running up the score in our program because of this. During your game, if an official or the opposing coach keeps saying "Plan B," it's time for "Plan B." You should try to do something about it. Score sheets are checked, each week by the Youth Sports Coordinator and any blowouts are followed up on.

Will the team who is getting blown out know the other team is in Plan B? How will that make the teams feel? Only the coaches know about Plan B. They will tell their team about it only if necessary. After the first few games, coaches will know if they need to make Plan B part of their game plan. For the most part, an average or below average team will never even know what Plan B is.

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2nd -3rd Grade Division-Coed Recreation

When: Saturdays

Quarter Length: 4 (Eight-minute quarters)

Full Court

Goal Height: 10-foot **Basketball size:** 28.5" or 29"

Defense: Man-to-man OR zone defense

Pressing: is not allowed.

Score: Will be kept **3pt shot:** Yes

Fouls: Personal and team fouls will be called but not tracked. Shooting fouls that are called will result in two free-throws.

Clock: Running clock, except for time-outs & free-throws.

Game Start: Jump Ball

4th-5th Grade Division-Coed Recreation

When: Saturdays

Quarter Length: 4 (Eight-minute quarters)

Full Court

Goal Height: 10-foot **Basketball size:** 28.5" or 29"

Defense: Man to man OR Zone allowed.

Pressing: is not allowed.

Score: Will be kept. **3pt shot:** Yes

Fouls: Personal fouls will be called and kept track of. Team fouls will be called but NOT tracked. Shooting fouls that are called will result in two free-throws

Clock: Running clock, except for time outs & free-throws.

Game Start: Jump Ball