

City of Glendora

2026 Youth Basketball National Division Rules

The prime objective of the Glendora Youth Basketball shall be:

- To encourage and promote physical fitness in boys and girls.
- To contribute to the development of character and morality of each youth.
- To promote the development of teamwork and sportsmanship through participation in competitive sports.
- All head and assistant coaches must be fingerprinted.
- Fighting will be an automatic (2) game suspension for all players, coaches, and fans.

Assistant Coaches Rule- Under no circumstances should an assistant coach be standing during live-ball play. Kneeling or squatting by an assistant coach is not acceptable. They may stand during timeouts.

Rules

1. **National** will use a 28.5 size Basketball
2. Divisions may press only in the last 5 minutes of the game. **Exception:** A team with a fifteen (15) point or more lead will not be allowed the use of a back court press at any time. The defense must allow the offense to move the ball across the plane of the mid-court line. A warning will be called on the first offence and a team technical thereafter.
3. Three (3) second key violation.
4. Both man-to-man and zone defense is permitted.
5. **Foul Rule:** When a team commits five fouls in a quarter, the opposing team will shoot two free throws for any subsequent common foul, not just one.
6. Players are removed from the game after the 5th foul. A technical foul counts as a personal foul.
7. **Minimum Play Rule** - Each player must play a minimum of five (5) consecutive minutes in each of the first three quarters. An official's time out shall be called at the nearest midway point of the quarter or on the next dead ball, for the sole purpose of substitutions to meet the minimum play rule. Players must start his/her consecutive minutes at either the beginning or midpoint of a quarter. The fourth quarter and overtime is free substitution.

City of Glendora

2026 Youth Basketball National Division Rules

8. Maximum Play Rule - Each player must sit out of the game for a minimum of five (5) consecutive minutes in each half. Players must start his/her consecutive minutes at either the beginning or midpoint of a quarter. If a team has only six (6) eligible players, each player must sit out of the game for a minimum of five (5) consecutive minutes in the entire game either the beginning or midpoint of a quarter.

9. Length of playing time will be four (4) ten (10) minute quarters running time. Regulation stop clock will be kept in the last two minute of the fourth quarter only if the score is within ten (10) points. The clock will stop in the event of a technical foul only until the ball is giving to child for free throw. One minute of rest between quarters and five minutes between halves.

10. Each overtime period will be three (3) minutes with the first two minutes running time, the last minute stop clock if the score is within ten (10) points. After the second overtime there will be sudden death overtime in which the first team that scores wins.

11. Two (2) timeouts during each regulation half and one (1) during each overtime period. Timeouts do not carry over.

12. Any player or coach receiving two (2) technical fouls will result in the eviction for the remainder of the game. Any coach receiving two technical fouls must leave the facility completely. **Ejection from a game may result in suspension from the league.**

13. Any coach receiving a technical foul will result in the opposing team receiving two (2) points, two (2) free throws, and possession of the ball. Any player on the opposing team may attempt free throws.

14. Any player or coach using profanity may be removed from the game and facility.

15. A player who is bleeding, has an open wound, or has blood on his/her body, or clothing shall be prohibited from participating further in the game until appropriate treatment has been administered. If first aid is required for a player, the player must be immediately removed from the game, unless treatment can be administered in a reasonable amount of time.

16. If a team has less than 4 players at game time, a 5-minute grace period is allowed. If the team still does not have 4 players it will result in a forfeit. Teams will be allowed to play with 4 players against 5 players for an official game. The gym scorekeeper watch is the official time.

17. Any disputes with scores must be completed by the end of the quarter