

## Loveland Parks and Recreation – Fall 2025

### Youth Basketball - 2<sup>nd</sup> & 3<sup>rd</sup> Grade

RULES	Games will be played in accordance with official high school rules.
NUMBER OF PLAYERS	Each team is allowed five players on the court at a time. No forfeits – if a team is short players, the other team must either loan player (s) or play down to the number of players on the short-handed team.
GAME BALL	The Youth ball (27.5") will be used.
RIM HEIGHT (GAMES)	9 ft.
SCORESHEETS	Coaches are to fill out scoresheets before the game and submit to scorekeeper. Player's first name and last initial should be given at the least. Individual points are not tracked nor recorded.
LENGTH OF GAME	All games will consist of two 20-minute halves of running time.
OVERTIME	No overtime.
TIME-OUTS	Each team gets three time outs per game. Time-outs are one (1) minute.
SUBSTITUTIONS	There will be a max 30-second mandatory substitution break at 5, 10 and 15 minutes into each half. Substitutions will be allowed only during the 30 second substitution break. (except in case of injury). This is a substitution break only, <u>not</u> a time out. Coaches can ask officials to allow for player match-ups at this time if desired.
SCORING	Scoring will be awarded as follows: <ul style="list-style-type: none"> <li>• 2 point – for field goals.</li> <li>• 3 points – for field goals made from beyond available 3-point line. (If a gym does not have a 3-point line, all field goals shall count as 2 points.)</li> <li>• 1 point – awarded to team that is either 1) fouled in the act of shooting, or 2) that is fouled while in the bonus.</li> </ul>
STARTING PLAY AND JUMP BALLS	The jump will not be used. Home team will begin game with inbound at mid-court. Possession arrow will be used in all other cases.
FOULING	The hardest part of the day for the officials will be deciding what and what not to call. Any player shooting the ball should be protected. Inadvertent body contact is not a foul unless a distinct advantage is gained by the fouling player. If an advantage is gained, a foul should be called and administered accordingly. The <u>officials and coaches</u> must encourage the players <u>not</u> to reach in on defense, but to play good defense by "moving their feet" and keeping their hands up.  A player is allowed 5 personal fouls per game.  A team is in the bonus situation when their opponent has committed their seventh team foul of the half.
FREE THROWS	Free throws will not be shot.  Whenever a player is fouled in the act of shooting, or on any foul when a team is in the bonus, then one point will automatically be awarded to the offended team (in place of shooting free throws). The team that committed the foul will then receive possession, and will inbound the ball. No point or change of possession will be given on any non-shooting foul that occurs before the bonus situation.

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DEFENSE	<u>Man-to-man defense only.</u> Defense may begin only after the ball has been <u>advanced to three-quarters court</u> (top of the key). No trapping or double-teaming will be allowed. Switching is permitted but must not result in a double-team for more than a two-count. If the offensive team penetrates the ball past the top of the key and then returns the ball above it, then the defense is allowed to extend to half-court.
FULL COURT PRESS	Full court press is not allowed at any time.
TEN (10) POINT RULE	Not in effect, since there is no full-court press.
OVER-AND-BACK VIOLATIONS	Taking more than 10 seconds to cross the center line from the back to the front court is a violation that results in the ball being awarded to the opponent, out-of-bounds, at the spot nearest where the violation occurred. Once in the frontcourt, the ball may not be returned to the backcourt of the team in control. This violation results in the ball being awarded to the opponent, out-of-bounds, at the spot nearest where the violation occurred.
THREE SECONDS	Three seconds will be given to players to move through the lane when on offense. Officials will use discretion on the call. Once a shot goes up, no three seconds can be called until possession is re-established and a <u>new three-second count</u> is begun.
SAFETY ISSUES	No player may participate in any practice or game while wearing jewelry or a hard or soft cast. <u>Taping of jewelry is not allowed.</u>
FACILITY RULES	Never bring food or drink into the gyms. Team snacks must be left outside the gym and served outside the gym. Yes, that includes parents and coffee. Player's water bottles are okay, no pop or sports drinks are allowed.
CONDUCT OF PARENTS, COACHES, AND REFEREES	<p>Basketball is a very competitive and emotional game. Try to keep things in perspective. The game is for the kids. Do not teach the players bad habits by complaining about the official's calls. They are trying to do their best. If a coach or parent is becoming abusive and overbearing, the officials should stop the game and ask the person to restrain themselves. A facility supervisor should be notified if the abusive conduct gets out of hand. Be polite. Do not become part of the problem; be part of the solution.</p> <p>Above all, remember that the players are the most important aspect of the program. We are all out there to <u>teach</u> the game of basketball and encourage <u>fun and sportsmanship!</u></p>

## Loveland Parks and Recreation – Fall 2025

### Youth Basketball - 4<sup>th</sup> & 5<sup>th</sup> Grade

RULES	Games will be played in accordance with official high school rules.
NUMBER OF PLAYERS	Each team is allowed five players on the court at a time. No forfeits – if a team is short players, the other team must either loan player (s) or play down to the number of players on the short-handed team.
GAME BALL	The official Women's or Intermediate ball (28.5") will be used.
RIM HEIGHT	10 ft.
SCORESHEETS	Coaches are to fill out scoresheets before the game and submit to scorekeeper. Player's first name and last initial should be given at the least. Individual points are not tracked nor recorded.
LENGTH OF GAME	All games will consist of two 20-minute halves of running time.
OVERTIME	No overtime.
TIME-OUTS	Each team gets three time outs per game. Time-outs are one (1) minute.
SUBSTITUTIONS	There will be a max 30-second mandatory substitution break at 5, 10 and 15 minutes into each half. Substitutions will be allowed only during the 30 second substitution break. (except in case of injury). This is a substitution break only, <u>not</u> a time out. Coaches can ask officials to allow for brief player match-ups at this time if desired. <b>*Final 10 minutes:</b> Free 1-minute timeout. Substitutions can be made on any dead ball. All players must check in at the scorer's table and wait to enter the game. (Equal play for all participants is still the goal)
SCORING	All baskets made from the field shall score two (2) points. A basket completely shot from beyond the 3-point line shall count for three (3) points, when indicated by the referee. If a gym does not have a 3-point line, all field goals shall count as two (2) points. A free throw is worth one (1) point.
STARTING PLAY AND JUMP BALLS	The jump will not be used. Home team will begin game with inbound at mid-court. Possession arrow will be used in all other cases.
FOULING	The hardest part of the day for the officials will be deciding what and what not to call. Any player shooting the ball should be protected. Inadvertent body contact is not a foul unless a distinct advantage is gained by the fouling player. If an advantage is gained, a foul should be called and administered accordingly. The <u>officials and coaches</u> must encourage the players <u>not</u> to reach in on defense, but to play good defense by "moving their feet" and keeping their hands up.  A player is allowed 5 personal fouls per game.  The one and one (bonus) free throw is to be shot on the seventh team foul of each half. Two free throws will be shot on the tenth team foul and thereafter.  The clock will stop to shoot free throws during the last 5 minutes of the game if the point difference is less than 10 points.
FREE THROWS	Players standing on either side of the key may not cross the line until the <i>shot is released</i> . If the ball fails to strike the rim or backboard it is turned over to the opposing team for an in-bounds pass.  An infraction will not be called if the shooter's momentum carries him or her over the line before the ball hits the rim. Players will shoot their first shot from the free-throw line and after that may, at the official's discretion, be moved up to have a reasonable chance at a successful shot.

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### Youth Basketball - 4<sup>th</sup> & 5<sup>th</sup> Grade

DEFENSE	<p><b>First 30 minutes:</b> <u>Man-to-man defense only</u>. Defense may begin only after the ball has been <u>advanced beyond half-court</u>. No trapping or double-teaming will be allowed. Switching is permitted but must not result in a double-team for more than a two-count. If the offensive team penetrates the ball past the top of the key and then returns the ball above it, then the defense is allowed to extend to half-court.</p> <p><b>Final 10 minutes:</b> Man-to-man defense or zone defense allowed, double-teaming and trapping also allowed.</p>
FULL COURT PRESS	Full court press is allowed only during the last 10 minutes of the game, except by a team that's ahead by 10 points or more (see 10-point rule).
TEN (10) POINT RULE	<p>A team that is ahead by 10 points or more may not full-court press. If the point span drops back to 9 points or below, then the leading team may full-court press again. The team that is behind may full-court press any time it is allowed.</p> <p>Defense may start after the ball crosses defense's top of the key.</p>
OVER-AND-BACK VIOLATIONS	Taking more than 10 seconds to cross the center line from the back to the front court is a violation that results in the ball being awarded to the opponent, out-of-bounds, at the spot nearest where the violation occurred. Once in the frontcourt, the ball may not be returned to the backcourt of the team in control. This violation results in the ball being awarded to the opponent, out-of-bounds, at the spot nearest where the violation occurred.
THREE SECONDS	Players should be coached to move through the lane when on offense. Officials will use discretion on the call. Once a shot goes up, no three seconds can be called until possession is re-established and a <u>new</u> three-second count is begun.
SAFETY ISSUES	No player may participate in any practice or game while wearing jewelry or a hard or soft cast. <u>Taping of jewelry is <b>not</b> allowed.</u>
FACILITY RULES	Never bring food or drink into the gyms. Team snacks must be left outside the gym and served outside the gym. Yes, that includes parents and coffee. Player's water bottles are okay, no pop or sports drinks are allowed.
CONDUCT OF PARENTS, COACHES, AND REFEREES	<p>Basketball is a very competitive and emotional game. Try to keep things in perspective. The game is for the kids. Do not teach the players bad habits by complaining about the official's calls. They are trying to do their best. If a coach or parent is becoming abusive and overbearing, the officials should stop the game and ask the person to restrain themselves. A facility supervisor should be notified if the abusive conduct gets out of hand. Be polite. Do not become part of the problem; be part of the solution.</p> <p>Above all, remember that the players are the most important aspect of the program. We are all out there to <u>teach</u> the game of basketball and encourage <u>fun and sportsmanship!</u></p>