

City of Fort Collins Youth Basketball Rules

Anything not covered in this rules document will default to the NFHS Basketball Rules Book.

Updated October 2025. Rules changes will appear in *highlighted italics font*.

1. **Equipment:** The Recreation Department will provide basketballs for each team.
 - a. The coach is responsible for all equipment issued to their team.
 - b. The coach should check all equipment and any deficient equipment must be returned to the Youth Sports staff.
2. **Home Team:** The home team will be the first team listed on the schedule. If wearing Jr. Rams jerseys the home white
3. **Warm-up time:** There will be approximately two-minutes for teams to warm-up on the court prior to their game.
4. **Jump Ball:** The game will begin with a jump ball. Then will go to alternate possession.
5. **Time-outs:** 2 time-outs per half lasting 30 seconds each.
6. **Half-time:** Half-time will last no longer than 2 minutes.
7. **Inbound Passes:** Regular NFHS rules apply.
8. **Technical Fouls/Intentional Fouls:** The ball will be awarded to the opposing team out of bounds at the half court line. Technical Fouls called on coaches may result in additional suspensions.

Grade Specific Modifications

Elementary (Grades K-5th)

1. **Jerseys:** No player shall be allowed to participate without an official Jr. Rams Jersey
2. **Practices:**
 - a. **K-1 Grade:** Teams may have only a half court to practice on.
3. **Game Ball:**
 - a. **K-3rd Grade:** Ultra-Light Rookie Gear.
 - b. **4th-5th Grade:** Intermediate 28.5.
4. **Rim Height:**
 - a. **K-1st Grade:** Will play on 8' rims.
 - b. **2nd-5th Grade:** Will play on 10' rims.
5. **Game Lengths:** 2, 16-minute halves, the clock will not stop except for timeouts.
6. **Defense:**
 - a. Teams must play man to man
 - i. K-1 will have to match their wristband color
 - ii. K-1 Coaches can be on the court to help the kids out
7. There is no double teaming. This rule is designed for players outside the 3 point arc. Once players drive inside the arc the defense may "help." If a player is on a fast break players may "double team" that player until the fast break is over.
8. **Grades K-3rd:** Once a team gains possession of the ball, all defensive players must drop back behind the 3 point arc.

- a. **Exception:** If a team is attempting a fast break then the rule does not apply. If in the referees opinion that one team cannot get the ball across the half court line he or she may move the defense back to allow the game to continue. A foul may be called if the team fails to fall back
- 9. **Grades 4th-5th:** Once a team gains possession of the ball, all defensive players must drop back behind the half court line.
 - a. **Exception:** If a team is attempting a fast break then the rule does not apply. If in the referees opinion that one team cannot get the ball across the half court line he or she may move the defense back to allow the game to continue. A foul may be called if the team fails to fall back.
- 10. **Score:** Score will not be kept.
- 11. **Free Throws:**
 - a. **K-3rd Grade:** Shooter may line up 3 feet closer to the basket.
 - b. **4th-5th Grade:** Shooters start from the line but may follow through over the line; there are no line violations.
 - i. The shooter and the players behind the arc cannot move forward until the ball hits the rim. Players in the lane can enter when the ball is released.

Middle School (Grades 6th -8th)

- 1. **Jerseys:** Players must wear the appropriate school designated t-shirts. If teams have the same color shirt, the first team listed will wear pennies supplied by the gym supervisor and return them at the conclusion of the game. T-shirts are provided by the coach for their teams.
- 2. **Game Ball:**
 - a. **6th-8th Grade Boys:** Regulation.
 - b. **6th-8th Grade Girls:** Intermediate 28.5.
- 3. **Game Lengths:** 4 (9) minute quarters, (1) minute between quarters and (2) minute halftime. The clock will not stop except for timeouts and the last 2 minutes of the 4th quarter. If the score is more than 10 points in the last 2 minutes of the 4th quarter the clock will remain running. (If the score drops with in 10 during the last 2 minutes the clock will revert to a stop clock. Once greater than 10 it will again run).
- 4. **Defense:** Teams may play man to man or zone defense.
- 5. **Full court press:** Both teams may play a full court press the entire game; however, the team who has the lead may not press if they have a 10 point lead or greater. A zone or man to man press can be used.
- 6. **Fouls:** Players foul out of the game at 5 fouls. Each quarter on the 5th foul, the fouled player will shoot 2 shots. Shots will reset at the end of each quarter
- 7. **Ties:** Ties will be broken by a 2-minute overtime period. Teams will not change ends of the floor and the period will start with a jump ball. Each team will have an additional 20-second time out in addition to the time outs remaining in the second half, not to exceed 4 timeouts total. If the game is still tied after the overtime period the game remains tied.
- 8. **Free Throws:** NFHS rules apply.
 - a. The shooter and the players behind the arc cannot move forward until the ball hits the rim. Players in the lane can enter when the ball is released.
- 9. **Score:** Score will be kept, but there will be no standings or end-of-season tournament