



# **WINFIELD & WELLINGTON REC YOUTH BASKETBALL LEAGUE RULES**

**Revised 10/29/2025**





# Winfield Recreation Commission

# Wellington Recreation Commission

## Youth Basketball Rules

### GENERAL RULES

- a. **Philosophy:** The goal of this program is to introduce youth to the game of basketball. The focus should be on the individual development, fundamentals, and having fun. Good sportsmanship is always expected from players, coaches, and parents.
- b. **Practices:** Once teams have been formed, a team may meet no more than three times a week and for no longer than an hour and a half per meeting (including games.) Teams may accumulate no more than 4.5 hours of meeting time in a week.
- c. **Inclement Weather:** For postponements due to inclement weather, look for us on Facebook for updates or by text from Textcaster. Make-up games will be scheduled as soon as possible with a memo passed out to the head coach. Games could include playing during another day of the week and not necessarily on the regular game day.
- d. **Assigned Players:** Once a team is established, each player assigned will remain on that team. No player may switch teams under any circumstances except when approved by the Sports Director.

### 1. THE COURT AND BASKETBALL GOALS

- a. **1<sup>st</sup>-2<sup>nd</sup> Grade:** All games will be played on half courts with the sidelines, baseline, and mid-court line establishing the out of bounds lines. Height of the goals will be 8 ft.
- b. **3<sup>rd</sup>-4<sup>th</sup> Grade:** All games will be played on full court. Height of the goals will be 9 ft.
- c. **5<sup>th</sup>-6<sup>th</sup> Grade:** All games will be played on full court. Height of the goals will be 10 ft.

### 2. THE BALL

- a. **1<sup>st</sup>-2<sup>nd</sup> Grade:** Junior Size Ball (27.5")
- b. **3<sup>rd</sup>-6<sup>th</sup> Grade:** Intermediate Size Ball (28.5")

### 3. THE PLAYERS AND SUBSTITUTIONS

- a. **Playing Time:** Each player must play a minimum of 2 quarters in each game.
- b. **1<sup>st</sup>-2<sup>nd</sup> Grade teams** will play 3v3. Teams must have a minimum of two players registered in the scorebook to start a game. **3<sup>rd</sup>-6<sup>th</sup> Grade teams** will play 5v5. A game may start and end with three players on the court.
- c. Teams may borrow players from the opposing team if they do not have enough to play.
- d. **Substitutions:** **1<sup>st</sup>-4<sup>th</sup> Grade:** There will not be any substitutions until the game has reached the 4-minute mark in each quarter. **5<sup>th</sup>-6<sup>th</sup> Grade** will be allowed regular substitutions throughout the game. Players need to check in at the score table and wait until they are waved onto the court by an official at the next dead ball.
  - i. **Exceptions:** Injury, Illness, Foul Trouble (3+), Technical Foul, Disciplinary Reasons.



## 4. COACHES

- a. **Limit:** Each team will be limited to one head coach and one assistant coach on the bench.
- b. **Background Check:** All coaches must pass a background check and be approved through the Winfield Recreation Commission/Wellington Recreation Commission.
- c. **Coaches Box:** should remain in their coach's box while coaching during the game. If the coach displays negative behavior, then they may be restricted to sitting on their bench inside the coach's box. The coaching box is defined as an area in front of the team bench up to the sideline.
- d. **Rule Clarification:** Only the head coach may ask the referee questions about rule clarification and interpretations. Assistant coaches and players may not question calls.

## 5. THE OFFICIALS

- a. **1<sup>st</sup>-2<sup>nd</sup> Grade:** One referee on each court along with one scorekeeper will be used.
- b. **3<sup>rd</sup>-6<sup>th</sup> Grades:** Two referees will be used along with one scorekeeper.
- c. **Safety:** The officials have "Safety of the players" as the main concern. The referee may warn, caution, and eject players. They may stop the game for injuries. Their purpose is to help enforce the rules of the game. All official calls made are final, unless overturned by Sports Director/Supervisor.

## 6. PLAYER EQUIPMENT

- a. **Jewelry:** No jewelry such as watches, rings, earrings, neck chains, bracelets or anything that might be dangerous to another player are allowed. Metal medical alert bracelets and new studded earrings will be allowed if taped.
- b. **Shoes:** No boots, hard soled shoes, dress shoes, cleated or turf shoes can be worn on the basketball floor. Any shoes that damage or mark up the floor will not be allowed. Basketball and/or athletic shoes only.
- c. **Uniforms:** Winfield/Wellington Recreation provided t-shirts shall be worn. Out-of-town team uniforms shall be the same color.

## 7. DURATION OF THE GAME/OVERTIME

- a. **Game Length:** 1<sup>st</sup>-4<sup>th</sup> Grades will consist of four 8-minute quarters. 5<sup>th</sup>-6<sup>th</sup> Grades will consist of four 10-minute quarters. There will be a 1-minute break between quarters and a 3-minute break at halftime. Warm up time will be up to 5 minutes if time allows between games.
- b. **Continuous Clock:** The clock will be kept running with the following exceptions:
  - 1. Team time-outs
  - 2. Official's time-outs
  - 3. Injury time-outs
  - 4. Four-minute mark substitutions
  - 5. Free-Throws (getting lined up – 1<sup>st</sup>-4<sup>th</sup>)
  - 6. All whistles during the last 2 minutes of the 4<sup>th</sup> quarter.
- c. **Overtime:** Overtime will be a two-minute period with a regulation clock. If the score is still tied after the first overtime, the game will then go to a sudden victory. The team scoring first will win the game.
- d. **Timeouts:**
  - 1. **Regulation:**
    - a. 1<sup>st</sup>-2<sup>nd</sup> Grades: Each team will receive two 30 second timeouts per half.
    - b. 3<sup>rd</sup>-6<sup>th</sup> Grades: Each team will receive three 60 second timeouts per half.
    - c. Timeouts do not carry over from half to half
  - 2. **Overtime & Sudden Victory:** Teams will receive one 60 second timeout per overtime.
  - 3. **Timeouts:** Either team may call a time-out on any dead ball. For a time-out to be granted during a live ball, the team calling the time-out must have possession of the ball.



- e. **Blow Out Rule:** If a team is leading by 20 points at anytime during the game, the scorekeeper will keep track of the score on the scoresheet only and quit putting the score on the scoreboard. If a team is leading by 20 points, the clock will continue to run, except for time-outs during the last 2 minutes of the fourth quarter.

## 8. FOULS AND VIOLATIONS

- a. **Player Fouls:** A player is disqualified for the rest of the game if they receive any of the following
1. Five (5) personal fouls – does not apply in 1<sup>st</sup>-2<sup>nd</sup> grade leagues. All personal fouls will be called against the team and not individual players.
  2. Two (2) technical fouls
  3. One (1) unsportsmanlike technical foul
  4. A flagrant foul
- b. **Free Throws:**
1. **Distances:**
    - a. 1<sup>st</sup>-2<sup>nd</sup> grade will shoot from 10 ft.
    - b. 3<sup>rd</sup>-4<sup>th</sup> grade will shoot from 12 ft.
    - c. 5<sup>th</sup>-6<sup>th</sup> grade will shoot from 15 ft.
  2. **Free Throw Fouls:** Free throws will be awarded on shooting fouls and during the bonus. The bonus occurs on the 5<sup>th</sup> foul of each quarter and resets at the start of each quarter. 2 free throws will be awarded on each foul in the bonus.  
1<sup>st</sup>-2<sup>nd</sup> grades will shoot one (1) free throw. Each made basket will be awarded two (2) points. Made baskets will be awarded back to the defensive team. Missed basket can be rebounded and put back up for a shot by offense. Defense must clear ball outside three-point arch to become the offense.
  3. **Free Throw Alignment:**
    - a. 1<sup>st</sup>-2<sup>nd</sup> grades will now be lined up for a free throw. All players (non-shooters) must be in the marked lane spaces. No players will stand behind the shooter.
    - b. 3<sup>rd</sup>-6<sup>th</sup> grades will have no more than four (4) defensive, and three (3) offensive players (including the shooter) will be allowed on the marked lane spaces during the free throws.
  4. **Free Throw Rebounders:** Rebounders are not allowed to enter the free throw lane until the shooter releases the ball. The shooter must wait until the ball hits the rim to enter the free throw lane.
    - a. Violation by Defense: Re-shoot if free throw is missed. If the free throw is made, no violation.
    - b. Violation by Offense: Free throw is negated. Loss of shot.
- c. **Violations:** All fouls, traveling, five (5) seconds in the lane, double dribble, over and back and throw-in violations will be called, however, officials may be lenient on some fouls and violations depending on the situation, grade level and spirit of the game.

## 9. JUMP BALL AND POSSESSIONS

- a. **Jump Balls:** 1<sup>st</sup>-2<sup>nd</sup> grades: there will not be a jump ball to begin the game. Home team listed on schedule will begin with the ball. The ball shall be checked in at the top of the three-point line. 3<sup>rd</sup>-6<sup>th</sup> graders will begin with a jump ball to start each game and overtime periods (if played). Each quarter and half, control of the ball will start with alternating possession.



b. **Alternating Possession:**

1. **1<sup>st</sup> & 2<sup>nd</sup> grade: Possessed tie ups:** Defensive players cannot steal off the dribble or out of the opponent's hands. If this happens, possession of the ball will be given to the team in control of the ball before the steal or tie-up. The intent of the rule is to encourage an active defense by stealing a pass rather than taking the ball out of the offensive player's hands or tying up the ball. This is not in the spirit of fair play for this level of basketball.
2. **3<sup>rd</sup>-6<sup>th</sup> grades:** Possessed tie ups are allowed and will follow the alternating possession rules. Players also may steal the ball from opponent's hands.

c. **Check Ball/Throw ins (1<sup>st</sup>-2<sup>nd</sup> grades only):**

1. After any made basket, the ball will be checked in by the official at the top of the three-point line to the offensive team.
2. A live ball that goes out of bounds will be thrown in from the sideline or under the basket on the baseline.
3. Five second lane violation will be enforced loosely.

d. **Clearing the Ball (Change of Possession) (1<sup>st</sup>-2<sup>nd</sup> grades only)**

1. On defensive rebounds (including airballs) and any live ball change of possessions, the ball must be passed or dribbled beyond the three-point line. If the defensive player shoots and scores prior to the ball being cleared, no points will be awarded. The ball will then be awarded to the offense.
2. Once the team on defense gains possession on a rebound, that team shall clear the ball to beyond the three-point line without the opposing team attempting to steal the ball.
3. If the new offensive team gains possession of the ball before the ball has been cleared, that offensive team is not required to take the ball back and can immediately attempt to score. (i.e. from an intercepted pass)

## 10. OFFENSE AND DEFENSE

- a. **Offense (1<sup>st</sup>-2<sup>nd</sup> grades only):** Offenses may not spread the court to clear out defenders such as isolation plays. All players must be involved in the offense. A warning may be issued. A second time, the defending team will be awarded with possession of the ball.

b. **Defense:**

1. **1<sup>st</sup>-2<sup>nd</sup> grades:** Man-Man Defense only. Players are not allowed to double team or trap. Players may be in "help position" if the offensive player is past the defensive player. If illegal defensive is called, the possession goes back to offensive team at the top of the key.
2. **3<sup>rd</sup>-4<sup>th</sup> grades:** Man-Man Defense only. Players are not allowed to double team or trap. No full court press. Teams must pick up the opposing player beyond the half court line. Players may be in "help position" if the offensive player is past the defensive player.
3. **5<sup>th</sup>-6<sup>th</sup> grades:** Man-Man or Zone Defenses are allowed. Full court press is allowed in second half only. When a team is leading by 15 or more points, the press must be back to a half court man-man or zone.

c. **Illegal Defense:**

1. **1<sup>st</sup>-2<sup>nd</sup> grades:** After an illegal defense (zone or trap) has been called, the ball is awarded to the offensive team for a check ball at the top of the three-point line.
2. **3<sup>rd</sup>-4<sup>th</sup> grades:** Play will be stopped, and warnings may be given. A second time will result in two free throws and possession of the ball.
3. **5<sup>th</sup>-6<sup>th</sup> grades:** Continuing a full court press after the 15 or more points, a technical foul may be assessed to the coach.



## 11. TECHNICAL FOULS

a. **Technical Foul:** The official/supervisor may issue a technical foul to any player or coach and determine what type of technical foul should be called.

1. **Types:** Technical fouls count as a personal and team foul. After a technical, two free throws will be issued to the opposing team and be given possession of the ball. Any coach receiving a technical foul must sit on the bench for the remainder of the game. Any player receiving a technical foul will need to sit for 3 minutes before re-entering the game.

a. **Administrative:** A penalty for violating the game's administrative rules. (i.e. stalling, repetitive arguing or yelling at officials, supervisors)

b. **Unsportsmanlike:** Any behavior deemed unsportsmanlike. Excessive arguing will not be tolerated and considered unsportsmanlike.

c. **Flagrant:** A flagrant foul is any contact against an opponent that's deemed unnecessary or excessive.

d. **Two Technical Fouls in One Game:** If one team receives two technical fouls in one game, that team will forfeit their current game and will be suspended for the next scheduled game.

e. **Verbal Abuse:** Verbal abuse, profanity, or any threats toward WRC game officials, scorekeepers, representatives, or administrators before, during or after the game will not be tolerated and will result in an unsportsmanlike technical foul.

f. **Unsportsmanlike/Flagrant Technical Foul Progression:** Unsportsmanlike and Flagrant technical fouls are tracked and carry throughout the entire season.

1. **Removal from the Facility** – Any time a player, coach or spectator receives an Unsportsmanlike or Flagrant technical foul, the offending individual must leave the facility within 2 minutes, or his/her team will forfeit that game.
2. **1st Unsportsmanlike or Flagrant Technical Foul of the Season** – The player/coach will be asked to leave the facility and suspended for the next 2 games. If the suspension occurs with less than 2 games left in the season, the penalty will carry over into the next season.
3. **2nd Unsportsmanlike Technical Foul of the Season** – The player/coach will be asked to leave the facility and suspended for the remainder of the season and the first 2 games of the next season. If there are 2 games or less left in the season, then the player/coach is suspended for the entire next season.
  - g. **Flagrant Actions:** All infractions listed below result in dismissal from the facility.
    1. Striking a player will result in suspension from the program for the remainder of the season (and possibly from all recreation commission sponsored programs).
    2. Anyone striking an official or WRC representative will be permanently banned from league play and may be prohibited from participation in all WRC sponsored programs and prosecuted to the fullest extent through all legal channels.

## 12. ADMINISTRATIVE

- a. **Protests:** Protests will not be allowed except concerning player eligibility. Questions about rule interpretations or judgment calls must be settled at the time they are brought to the official's attention. The supervisor/official's decision is final.
- b. **Other Rules:** All other situations and rules not covered within the Winfield Recreation Commission Youth Basketball Rules will be governed by the Kansas State High School Activities Association (KSHSAA), keeping in mind the spirit of the Youth Basketball Program.
- c. **Facilities:** WRC facilities are smoke free, drug free, alcohol free and weapon free.