



PROCEDURES: Youth Basketball Rule Sheet
2023-2024 Season: K-1st grades (CO-ED)

Creation Date: Aug. 2016
Revised: Nov. 2023

Division:

Boys & Girls Grades K-1

Rules:

National Federation of State High School Associations Basketball Rules will be used with the following exceptions:

- Eight (8) foot goal with an official junior size ball. Free throw line will be 12 foot or less if needed.
- Four (4) seven (7) minute quarters. Clock will continually run each quarter with these exceptions: time-outs & all whistles during the last two (2) minutes of each half.
- No overtime period. The games can end in a tie.
- Each team is allowed four time-outs per game.
- Score will be put back to zero (0) for both teams at the start of the 2nd half.
- Each player will shoot one (1) free-throw at the start of the game; this will determine the score before game starts. If teams are not equal, the team with less players will let player(s) shoot to each number of player on opposing team. No free-throws will be shot during the game. A referee must be present under the basket in order for the correct score to be calculated.
- Jump Ball will not be used to start the game. The visiting team will get the ball to start the game.
- No three (3) point shots will be counted.
- Traveling, Double Dribbling, and other ball handling related violations will be called at the discretion of the officials. The rule of thumb for this age group is: If they are outside of the three point arch, violations will not be called unless, it is drastic. If they are inside the three point arch, and the player is gaining an advantage to shoot for a score or pass to a team mate for a score, then the violation will be called. If the officials do not believe that the violation may lead to a basket, the violation will not be called. These rules are set up to encourage team and individual instruction. Officials are asked to help remind the player to dribble.
- No pressing defense the entire game. Defense must remain inside the 3-point arc. Defensive team WILL NOT be allowed to steal the ball from the offensive team while they have possession of the ball (holding or dribbling ball). The only time the defense can steal the ball is on a pass. Lose ball that goes from inside the arc to outside will be a live ball for both teams. No stalling outside the arc is allowed. Warning will be called and change of possession thereafter.
- Every player will play half the game.
- One coach can be out on the court to coach players in game. As long as the coach on the court does not interfere with play by physically altering the ball or running into players on the court.
- Limited violations will be called by official; official will correct players when violation occurs.
- No foul shots during the game. If a player is fouled during the act of shooting, the ball will be taken out of bounds.
- One (1) coach will be allowed on the court per team; Assistant Coach will need to remain on bench with other players.
- No tournament will be played in this age group.



PROCEDURES: Youth Basketball Rule Sheet
2023-2024 Season: 2nd-3rd (CO-ED)

Creation Date: Aug. 2016
Revised: Nov. 2023

Division:

Boys & Girls Grades 2-3

Rules:

National Federation of State High School Associations Basketball Rules will be used with the following exceptions:

- Eight (8) foot goal with an official 28.5 size ball. Free throw line will be 12 foot.
- Four (4) eight (8) minute quarters. Clock will continually run each quarter with these exceptions: shooting fouls, time-outs & all whistles during the last two (2) minutes of each half and any overtime period.
- Overtime is one - two (2) minutes. One (1) time-out will be given in overtime. The games can end in a tie.
- Each team is allowed four time-outs per game. During overtime, each team will be given one additional time-out; time outs will carry over.
- Each player will shoot one (1) free throw at the start of the game; this will determine the score before game starts. If teams are not equal, the team with less players will let player(s) shoot to each number of player on opposing team. A referee must be present under the basket in order for the correct score to be calculated.
- 3 point shots will be counted in the fourth quarter only.
- Traveling, double dribbling, and other ball handling related violations will be monitored/tolerated unless it is giving a team a distinct advantage.
- Defense must remain inside the 3-point arc until the fourth quarter of regulation and overtime. At that time, defense can be played up to half-court line unless team is ahead by more than 10-points.
- Defensive team WILL NOT be allowed to steal the ball from the offensive team while they have possession of the ball (holding or dribbling ball). The only time the defense can steal the ball is on a pass. Lose ball that goes from inside the arc to outside will be a live ball for both teams.
- No stalling outside the 3-point arc is allowed. In quarters 1-3, After the offensive team possesses the ball in the back court, they will have 20 seconds to go inside the arc and make an effort to score. Once the offensive team goes inside the arc and comes back out, they will have 10 seconds to re-enter the arc. Violation of this rule results in a change of possession.
- Every player must touch the court in every quarter. *Must follow playing time rules.
- Limited violations will be called by official; official will correct players when violation occurs.
- Only head coach and assistant coach will be allowed on player's bench.
- Traditional High School team foul rule will be in effect for this age group.



PROCEDURES: Youth Basketball Rule Sheet
2023-2024 Season: 4th-5th (Girls)

Creation Date: Aug. 2016
Revised: Nov. 2023

Division:

Girls Grades 4-5

Rules:

National Federation of State High School Associations Basketball Rules will be used with the following exceptions:

- Regulation ten (10) foot goal with an official 28.5 size ball. Free throw line is 12 ft.
- Four (4) eight (8) minute quarters. Clock will continually run each quarter with these exceptions: shooting fouls, time-outs & all whistles during the last two (2) minutes of each half and any overtime period.
- Overtime is two (2) minutes. One (1) time-out will be given in overtime.
- Each team is allowed four time-outs per game. During overtime, each team will be given one additional time-out; time outs will carry over.
- Three (3) point shots WILL BE counted.
- In 1st half ONLY, defense can apply pressure at the ten (10) second line (half-court line). In 2nd half and any overtime period ONLY, defense can full court press if not ahead by fifteen (15) or more points. The team ahead will not be allowed to full court press until the lead goes under ten (10) points.
- Every player must touch the court in every quarter.
- Only head coach and assistant coach will be allowed on player's bench.
- Tournament at end of season will be based on the number of teams in this division.
- Traditional High School Team foul rule will be in effect for this age group.



PROCEDURES: Youth Basketball Rule Sheet
2023-2024 Season: 4th - 5th (Boys)

Creation Date: Aug. 2016
Revised: Nov. 2023

Division:

Boys Grades 4 - 5

Rules:

National Federation of State High School Associations Basketball Rules will be used with the following exceptions:

- Regulation ten (10) foot goal with an official 28.5 size ball. Free throw line is 12 ft.
- Four (4) eight (8) minute quarters. Clock will continually run each quarter with these exceptions: shooting fouls, time-outs & all whistles during the last two (2) minutes of each half and any overtime period.
- Overtime is two (2) minutes. One (1) time-out will be given in overtime.
- Each team is allowed four time-outs per game. During overtime, each team will be given one additional time-out; time outs will carry over.
- Three (3) point shots WILL BE counted.
- In 1st half ONLY, defense can apply pressure at the ten (10) second line (half-court line). In 2nd half and any overtime period ONLY, defense can full court press if not ahead by fifteen (15) or more points. The team ahead will not be allowed to full court press until the lead goes under ten (10) points.
- Every player must touch the court in every quarter.
- Only head coach and assistant coach will be allowed on player's bench.
- Tournament at end of season will be based on final regular season standings.
- Traditional High School Team foul rule will be in effect for this age group.



PROCEDURES: Youth Basketball Rule Sheet
2023-2024 Season: 6th – 8th (Boys)(Coed)

Creation Date: Aug. 2016
Revised: Nov. 2023

Division:

Boys Grades 6 - 8

Rules:

National Federation of State High School Associations Basketball Rules will be used with the following exceptions:

- Regulation ten (10) foot goal with an official (29.5) regulation size ball.
- Four (4) eight (8) minute quarters. Clock will continually run each quarter with these exceptions: shooting fouls, time-outs & all whistles during the last two (2) minutes of each half and any overtime period.
- Overtime is two (2) minutes. One (1) time-out will be given in overtime.
- Each team is allowed four time-outs per game. During overtime, each team will be given one additional time-out; time outs will carry over.
- Teams can full court press the entire game unless ahead by 20 or more points. The team ahead will not be allowed to play defense in the backcourt until the lead goes under 15 points.
- Every player must touch the court in every quarter.
- Only head coach and assistant coach will be allowed on player's bench.
- Tournament at end of season will be based on final regular season standings.



PROCEDURES: Youth Basketball Rule Sheet
2023-2024 Season: 6th – 8th (Girls)

Creation Date: Aug. 2016
Revised: Nov. 2023

Division:

Girls Grades 6 - 8

Rules:

National Federation of State High School Associations Basketball Rules will be used with the following exceptions:

- Regulation ten (10) foot goal with an official 28.5 size ball.
- Four (4) eight (8) minute quarters. Clock will continually run each quarter with these exceptions: shooting fouls, time-outs & all whistles during the last two (2) minutes of each half and any overtime period.
- Overtime is two (2) minutes. One (1) time-out will be given in overtime.
- Each team is allowed four time-outs per game. During overtime, each team will be given one additional time-out; time outs will carry over.
- Teams can full court press the entire game unless ahead by fifteen (15) or more points. The team ahead will not be allowed to play defense in the backcourt until the lead goes under 10 points.
- Every player must touch the court in every quarter.
- Only head coach and assistant coach will be allowed on player's bench.
- Tournament at end of season will be based on final regular season standings.



Recreation & Parks

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PROCEDURES: Youth Basketball Rule Sheet **2023-2024 Season: 9th – 12th (Coed)**

Creation Date: Aug. 2016
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Division:

Boys & Girls Grades 9-12

Rules:

National Federation of State High School Associations Basketball Rules will be used with the following exceptions:

- Regulation ten (10) foot goal with an official regulation (29.5) size ball.
- Four (4) eight (8) minute quarters. Clock will continually run each quarter with these exceptions: shooting fouls, time-outs & all whistles during the last two (2) minutes of each quarter and any overtime period.
- Overtime is two (2) minutes. One (1) time-out will be given in overtime.
- Each team is allowed four time-outs per game. During overtime, each team will be given one additional time-out; time outs will carry over.
- Teams can full court press the entire game unless ahead by 20 or more points. The team ahead will not be allowed to play defense in the backcourt until the lead goes under 15 points.
- Every player will play half the game.
- Only head coach and assistant coach will be allowed on player's bench.
- Tournament at end of season will be based on final regular season standings.