



Youth Recreational Basketball League Rules 2025-2026

REVISED FOR SEASON 2

Updated 12.17.25

Feather River Recreation and Park District offers recreational league play with an emphasis on providing for a positive team experience, **not winning or losing**. We strive to provide a fun, safe, and inclusive environment where kids from all backgrounds learn fundamental basketball skills, teamwork, discipline, and sportsmanship, focusing on player development and positive life lessons, making everyone feel valued and helping develop a love of the game regardless of skill level or ability.

General Information & League Fees

1. All players, coaches and spectators must show good sporting behavior and abide by the [FRRPD Youth Sports Code of Conduct](#). By entering the facilities for FRRPD league events, spectators and all involved with the game agree to abide by the Code of Conduct.

There is a zero-tolerance policy for unsporting behavior from coaches, parents, players and spectators. FRRPD reserves the right to ask anyone to leave, at any time, for unsporting behavior, and/or verbally or physically aggressive behavior.

Refusal to end unsporting behavior and/or to leave the facilities will result in stopping game play and, if needed, FRRPD staff abandoning the game.

2. All players must turn in a completed and signed FRRPD Youth Sports Registration form and be listed on the Team Roster to be eligible to play.
All non-players in the team area must be listed on the roster.
Roster must be filled out by coaches or school administrator and returned to the FRRPD office on or before the first game. Roster and forms can be emailed to jennaw@frripd.com, delivered to the FRRPD District Office at 1200 Myers Street in Oroville, or handed to the scorekeeper before the start of the first game.
3. Persons or players participating in the activities sponsored by FRRPD are not covered in any way for personal liability, property damage, medical injuries, etc.
4. A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered, or the uniform is changed.
5. League Fees
 1. A \$55 fee per game per team will be charged.



- Cancellations must be made at least 48 hours in advance otherwise the canceling school will be billed for the cost of both teams. Schools that cancel within 48 hours will be charged a one-time rescheduling fee.
2. Team withdrawal fee of \$150.00 per team for teams withdrawing after the schedule is released.

Please review the revised Season 2 2025-2026 Youth Basketball Info Sheet for additional information.

Game Rules

1. Team Composition: A minimum of four (4), and maximum of five (5), players from each team are required to start a game. If a team has less than four (4) players available at the scheduled start time, the game will be considered a forfeit. A team may continue (after the start of the game) if there are at least three (3) players on the court during all periods of play. However, teams are encouraged to play and mix teams with players from both schools if one school does not have enough players for a game.
Players are only allowed to be one on team roster and play on one team. If a player is playing up a league/division/grade, they are not allowed to move back down and must stay on the higher-level team.
**Exceptions to this rule will be considered on a situational basis. Please contact FRRPD Recreation Supervisor in advance with requests for exceptions.*
2. League Composition: 5th/6th and 7th/8th boys' and girls' divisions. Players may play up 1 grade (i.e. 4th graders may play on a 5/6th division team and 6th graders may play on a 7/8th division team). Players 2 or more grades younger will not be permitted in a division. In effort to allow all schools to play in the league, we allow schools to deviate from the above league composition, with prior permission from FRRPD Recreation Supervisor.
3. Playing Time: It is highly recommended that all players receive equal playing time throughout the duration of the season. This is a RECREATIONAL league, and we want as many kids playing as possible! Exceptions will be made for disciplinary purposes; such an exception should be communicated with player and parent prior to the game(s).



4. Ball Size: FRRPD will provide a game ball; if a ball is not available, we will ask teams for a game ball to use.
5/6th Grades: A women's (28.5-29") regulation ball will be used for the boys' and girls' leagues.
7/8th Grades: A women's regulation (28.5-29") ball will be used for the girls' leagues. A men's (29.5-30") regulation ball will be used for the boys' leagues.
5. Game Length: Games will consist of four (4) 10-minute running quarters. The final (2) two minutes of each half will be stop time unless a team is winning by 10 points or more. Stop time will be utilized for the entire final (2) minutes of the period.
OVERTIME: If necessary, a two-minute overtime period will be played.
Stop time will be utilized for the entire overtime.
Only one overtime will be used during regular season games.
6. Timeouts: Two one-minute timeouts, per half are permitted. One time out per overtime period is permitted; time outs from regulation time do not transfer to overtime. Therefore, if a team only uses one of its two timeouts during the second half of the game that does not mean that the unused timeout can transfer to the OT period. A coach may only call a timeout when their team has possession of the ball.
7. Three seconds in the key:
YES, the three seconds in the key will be enforced, we suggest you get your team used to knowing that they can only stay in the key for 3 seconds at a time.
8. Score: FRRPD will provide a staff member to run the score board and clock. The facility attendant will have a binder with rules, schedules, score cards, rosters, and registration forms in it. Team coaches will sign game cards at the conclusion of game.
Running the score: Please keep in mind that this is a recreational league and blowouts should be avoided. The goal should be to improve, not to dominate or humiliate. If your team is winning by more than 20 points, please adjust the game to challenge your team in new ways, rather than just accumulating points. Examples include substituting players into unfamiliar positions, putting players in who have not received as much playing time, and implementing skill-based challenges like completing a certain number of passes before the ball is shot.



9. Substitutions: All players must check in at score table and take a knee before entering the game and wait for the officials signal to enter the game.
This can happen in any dead ball situation or in between quarters.
10. Defense: Teams are allowed to play whatever defense they prefer (man-to-man, zone, etc.).
11. Full-Court Pressing:
5th/6th Grades: Full-Court Press will be allowed while in “stop time.” (See Rule 5)
Otherwise, players are only allowed to pick up players once they have crossed the half court line. A violation of this rule will result in one warning and then a technical foul will be called at the judgment of the official.
7th/8th Grades: Are allowed to full-court press until a 10-point lead is accumulated, once a team is up by 10 points, they are not allowed to full-court press. If the lead becomes less than 10, they may start to full-court press again. A violation of this rule will result in one warning and then a technical foul will be called at the judgment of the official.
12. Backcourt: When playing on a full court back court, over and back and 10 second violations will be called. If the court is smaller than a full court, backcourt will be called at discretion of the official.
13. Jump Ball: Other than the start of the game and overtime period(s), teams will alternate taking the ball out-of-bounds.
14. Free Throws: All shooting fouls will result in two free throws. It is of the utmost importance that all teams hustle to set up free throws as it is a running clock.
 - a. 5th/6th graders are allowed to take a step over the free throw line.
 - b. Ball must leave the shooters hands before players in lane spaces can move.
 - c. Ball must hit the rim before the shooter may move into the lane.
15. Fouls: Intentional/Flagrant, Technical, Offensive and Defensive fouls count as a personal and team foul (unless against a coach/spectator or the bench).



FRRPD acknowledges that Intentional fouls are committed by players during close games to stop the clock, or to force free-throws. Violent/Flagrant fouls will result in technical fouls. (See Rule 18.)

The scorekeeper will be responsible for tracking personal and team fouls and will report to the officials when the 6th and 9th team fouls are made, to advise for bonus shots on next fouls.

16. Team Fouls: Fouls will be reported to the table and tracked.

All Intentional/Flagrant, Technical, Offensive and Defensive fouls count as a personal foul and team foul.

The 7th team foul will result in a one and one bonus.

The 10th team foul will result in double bonus. Two shots will be awarded.

17. Player Fouls: Five (5) fouls will result in disqualification. When possible (as a courtesy), scorekeeper will advise coaches when a player has 4 fouls.

18. Under NO circumstances will a player be permitted to re-enter the game after fouling out.

19. Technical Fouls: Any unsportsmanlike conduct and/or flagrant fouls will be considered technical fouls and will result in two shots and possession of the ball for the opposing team.

A technical foul on a player will result in immediate removal from the game for a period, at minimum.

Any two technical fouls on a coach or player will result in removal from the game and one-game suspension, at minimum.

A technical foul on a coach will result in loss of coaching box privileges for the remainder of the game, at minimum. The coach must remain seated for the rest of the game and is not permitted to stand or coach from their designated area.

Coaches receiving two technical fouls must leave the facility immediately.



If the bench receives a technical foul and the player is unidentifiable, or it is multiple players, the technical will count towards the coach.

Further disciplinary action may be taken for technical fouls and may escalate to ejection and future bans.

20. Team area, court, and table: Only players, coaches, and FRRPD staff may be in the team area. All players must be seated on their team's side, unless they are playing or subbing in. Only rostered players and coaches should be on the court or in the team area before or during the game. Spectators who are not active in the current game should not be on the court before or during the game (including during timeouts and between quarters).

ONLY THE TEAM'S COACH should be approaching the score table or talking to referees/scorekeepers. Coaches should maintain appropriate distance from the score table. Keep comments to our staff professional and at a minimum, as our referees and scorekeeper(s) are trying to focus on the game.

Spectators, players, and anyone else should not approach the table or talk to/argue with officials and scorekeepers. At no time should any parents or spectators be on the court or at the score table.

21. Coaches: Must stay in the designated coaching zone by team bench assigned by the official. One coach is permitted to stand per team; coaches can alternate.

This is a youth recreational league focused on player development. The expectation is that all coaches will help promote development of their players by encouraging, cheering, and serving as a positive role model. Your players are learning. They will make mistakes. It will frustrate you. Let them make mistakes and help them learn from them. We know that this is hard. Give them positive encouragement and help them find ways to improve.

Screaming, yelling, cursing, arguing with officials, whining, tantrums, etc., are not appropriate adult behavior. We are expecting the coaches to display more emotional maturity and control than their players.



22. Sideline Coaching: Coaching should be done by coaches only. Parent sideline coaching is not permitted.
23. Unsporting behavior: Please review the [FRRPD Youth Sports Code of Conduct](#). This code of conduct applies to all players, coaches, and spectators.

Coaches are responsible for their team's spectators.

FRRPD employees will not tolerate any unsporting, disrespectful, verbally aggressive, or physically aggressive behavior from players, coaches, or spectators. Inappropriate conduct will result in penalties ranging from warnings to suspension. If necessary, the police will be contacted.

FRRPD staff will have the right to control the gym as necessary during any incident involving unsporting behavior, verbally or physically aggressive situations and/or incidents. FRRPD **will** ask officials to end or abandon a game if either team's participants and/or spectators attempt to interfere with the proper conduct of the game and the general environment of the gym.