2021 North Logan Recreation
Youth Wolfpack Basketball Rules

3rd & 4th Grade

Time Regulation:
- Four 8-minute quarters with a 3 minute half-time.

Score Regulation:
- The score clock will not show more than a 20 point difference. The accurate score will be kept on the score sheet. *Have them focus on the game and not the score*

-Playing time requirements:
  - All players on a team must play at least sixteen (16) minutes or half of every game.
  - Free substitution is in effect during the entire game. Please remember that no player is to play the entire game, and that all team members are to play an equal amount of time during each game.

-Clock stops on the following:
  - Time outs (each team gets 2 per half of one minute each)
  - All whistles during the last minute of the last quarter of the game
  - Foul Shot Set up. Once they are set the clock will resume

-Type of defense:
  - Man-to-man only. Switching is allowed as a result of being “screened” or “picked” by the offense. Double-teaming is not allowed. Defensive position on any player cannot be established until the offensive player is at midcourt. Double Teaming allowed on a fast break.
  - No full court press will be allowed

-Defensive position on the ball:
  - The team on defense must drop back to the 3pt line. Once they cross the half court you can guard them.

-Front court-back court rule:
  - The ball may cross the mid-court line and come back without a penalty.
  - 10 Second Violation: When moving the basketball up from its backcourt, the basketball player has 10 seconds to get the ball over the midcourt line. If the offense commits the violation the ball is awarded to the defense

-Seconds in the key rule:
  - No Penalty(if someone is in all the time giving an advantage the refs will talk to them about no more than 5 seconds)

-Basket height & Ball Size
  - 9 feet
  - 28.5

-Overtime:
  - No overtime, Games can end in a tie.

-Fouls
  - 2 technical’s in a season will result in a full game suspension in addition to the current game. 3 technical’s in a season will result in expulsion from the league without refund

All coaches need to keep in mind that this league is a developmental program for kids to learn basketball skills and have fun!
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5th-6th Grade

-Time Regulation:
  - Four 8 minute quarters with a 3 minute half-time.

-Playing time requirements:
  - All players in these age groups must play a minimum of 16 minutes or half of each game.
  - *Please try making it a positive experience for them.
  - Free substitution is in effect during the entire game.
  - Players need to check in with the Score Keeper before each substitution made during each game.

-Length of games:
  - All games are 32 minutes long.

-Clock stops on the following:
  - Time outs (each team gets 2 per half of one minute each)
  - All whistles during the last minute of the last quarter of the game
  - Foul Shot Set up. Once they are set the clock will resume

-Type of defense:
  - Zone & Man-to-Man defenses will be allowed
    - Only can Double team for four seconds
    - Full Court Press will only be allowed –When the team is not leading by 15 or more points
    - 3 Point shots are allowed in this division.

-Seconds in the key rule:
  - 3 seconds

-Basket height and free throw distance:
  - 10 feet and 15 feet

-Basketball Size:
  - 28.5

-Overtime:
  - No overtime, Games can end in a tie.

-Fouls
  - 2 technical’s in a season will result in a full game suspension in addition to the current game
  - 3 technical’s in a season will result in expulsion from the league without refund

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-Time Regulation:
  - Four 8 minute quarters with a 3 minute half-time.
-Playing time requirements:
  - All players in these age groups must play a minimum of 16 minutes or half of each game.
    *Please try making it a positive experience for them.
  - Free substitution is in effect during the entire game.
  - Players need to check in with the Score Keeper before each substitution made during each game.
-Length of games:
  - All games are 32 minutes long.
    [All teams play four (4) eight (8) minute quarters.]
-Clock stops on the following:
  - Time outs (each team gets 2 per half of one minute each)
  - All whistles during the last minute of the last quarter of the game
  - Foul Shot Set up. Once they are set the clock will resume
-Type of defense:
  - Zone & Man-to-Man defenses will be allowed.
-Seconds in the key rule:
  - 3 seconds
-Basket height and free throw distance:
  - 10 feet and 15 feet
-Basketball Size:
  - Girls 28.5
  - Boys 29.5
-Overtime:
  - No overtime, Games can end in a tie.
-Fouls
  - 2 technical’s in a season will result in a full game suspension in addition to the current game
  - 3 technical’s in a season will result in expulsion from the league without refund
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Kindergarten Rules

-Time Regulation:
  - Four 6 minute quarters with a 3 minute half-time.

-Playing time requirements:
  - All players in these age groups must play a minimum of 12 minutes or half of each game. *Please try making it a positive experience for them.

-Players on the Court:
  - 4 vs 4

-Length of games:
  - The first 15 min will be a team practice. Then the game will start with a tip off
  - Four 6 min quarters with 3-minute halftime

-Clock stops on the following:
  - Running Clock
  - Score is not kept

-Type of defense:
  - Will wear colored wristbands to decide which player to guard on defense
  - When switching wristbands please wipe down the wristband
  - No Full court defense, when the opposing team gets the ball the other team must return to their side of the court.
  - Defense may not steal the dribble, but may steal a pass
  - Defenders are encouraging to not block shots but to keep their arms straight
  - Ball will be taken out of bounds nearest to where the foul happened

-Basket height
  - 7.5 FT.

--Basketball Size:
  - 27.5

Officials
  - Coaches will be the officials. A staff member will keep time for quarters
  - Coaches call obvious fouls and encourage dribbling and passing the ball.

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- Time Regulation:
  - Four 6 minute quarters with a 3 minute half-time.

- Playing time requirements:
  - *All players in these age groups must play a minimum of 12 minutes or half of each game.* Please try making it a positive experience for them.

- Players on the Court:
  - 5 vs 5

- Length of games:
  - The first 15 min will be a team practice. Then the game will start with a tip off
  - Four 6 min quarters with 3-minute halftime

- Clock stops on the following:
  - Running Clock
  - Score is not kept

- Type of defense:
  - Will wear colored wristbands to decide which player to guard on defense
  - When switching wristbands please wipe down the wristband
  - No Full court defense, when the opposing team gets the ball the other team must return to their side of the court.
  - Defense may not steal the dribble, but may steal a pass
  - Defenders are encouraging to not block shots but to keep their arms straight
  - Ball will be taken out of bounds nearest to where the foul happened

- Basket height
  - 8 FT.

- Basketball Size:
  - 27.5

Officials
  - 1 Referee
  - Extreme Traveling, Double Dribble, Out of bounds, Obvious Fouls

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1st Grade Boys

-Time Regulation:
  - Four 6 minute quarters with a 3-5 minute half-time.
-Playing time requirements:
  - All players in these age groups must play a minimum of 12 minutes or half of each game. *Please try making it a positive experience for them.
-Players on the Court:
  - 5 vs 5
-Length of games:
  - The first 15 min will be a team practice. Then the game will start with a tip off
  - Four 6 min quarters with 3-minute halftime
-Clock stops on the following:
  - Running Clock
  - Score is not kept
-Type of defense:
  - Will wear colored wristbands to decide which player to guard on defense
  - When switching wristbands please wipe down the wristband
  - No Full court defense, when the opposing team gets the ball the other team must return to their side of the court.
  - Defense may not steal the dribble, but may steal a pass
  - Defenders are encouraging to not block shots but to keep their arms straight
  - Ball will be taken out of bounds nearest to where the foul happened
-Basket height
  - 7.5 FT.
--Basketball Size:
  - 27.5
Officials
  - 1 Referee
  - Extreme Traveling, Out of bounds, Obvious Fouls

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