



Kindergarten Rules

-Time Regulation:

- 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 half-time.

-Playing Time Requirements:

- *All players must play a minimum of 12-minutes or half of each game.*
- Please try making it a positive experience for everyone.

-Players on the Court:

- 4 vs 4

-Score Clock:

- Running clock.
- Score is not kept.

-Type of Defense:

- Players will wear colored wristbands to decide which player to guard. No double teaming. If it's a fastbreak, any player can try to stop the ball handler.
- No full court defense. When the offense gets the ball, the defensive team must return to their side of the court.
- *Defense may not steal the dribble, but may steal a pass.*
- Defenders are encouraged to not block shots but to keep their arms straight.

-Basket Height:

- 7.5 feet

-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.
- No free throws. Ball will be taken to the nearest out of bounds spot.

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



1st & 2nd Grade

-Time Regulation:

- 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 half-time.

-Playing Time Requirements:

- *All players must play a minimum of 12-minutes or half of each game.*
- Please try making it a positive experience for everyone.

-Players on the Court:

- 5 vs 5

-Score Clock:

- Running clock.
- Score is not kept.

-Type of Defense:

- Players will wear colored wristbands to decide which player to guard. No double teaming. If it's a fastbreak, any player can try to stop the ball handler.
- No full court defense. When the offense gets the ball, the defensive team must return to their side of the court.
- *Defense may not steal the dribble, but may steal a pass.*
- Defenders are encouraged to not block shots but to keep their arms straight.

-Basket Height:

- 1st Grade Boys - 7.5 feet
- 2nd Grade Boys - 8 feet
- 1st/2nd Grade Girls - 8 feet

-Basketball Size:

- 27.5

-Officials:

- 1 Referee (the coach can be on the court to help the players, but follows the referees calls).
- Will call extreme traveling and double dribbling. Will call out of bounds and obvious fouls.
- No free throws. Ball will be taken to the nearest out of bounds spot.

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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 16-minutes** or half of every game.
- 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.**
- No player is to play the entire game. We encourage all team members to play an equal amount of time during each game.

-Clock Stops on the Following:

- Timeouts (each team gets 2 per half of 1-minute each).
- **All whistles during the last minute of each 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. **Double teaming is allowed on a fast break.**
- No full court press will be allowed. The team on defense **must** drop back to the 3pt line. Once the offense crosses the half court line, you can guard them.

-Frontcourt-Backcourt Rule:

- When moving the basketball from its backcourt, the offense has 10-seconds to get the ball over the midcourt line.
- The ball may cross the mid-court line from the frontcourt to the backcourt without a penalty.

-Seconds in the Key Rule:

- No penalty (if someone is in the key all the time and giving an unfair advantage, the refs will talk to them about clearing the key every 5-seconds).

-Court Dimensions:

- Basket Height - 9 feet
- Free Throw - Shoot from 14 feet and can cross the line.
- 3-point shots are allowed.

-Basketball Size:

- 28.5

-Overtime:

- 2-minute overtime (running clock). No 2nd overtime. Game will end in a tie.

-Fouls:

- If a player commits 5 fouls in a game, they will be disqualified for the rest of the game.
- 2 technicals in a season will result in a suspension from the current game as well as a full game suspension the following week.
- 3 technicals in a season will result in expulsion from the league without refund.

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5th-6th Grade

-Time Regulation:

- Four 8-minute quarters with a 3-minute half-time.

-Playing Time Requirements:

- All players on a team **must play at least 16-minutes** or half of every game.
- 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.**
- No player is to play the entire game. We encourage all team members to play an equal amount of time during each game.

-Clock Stops on the Following:

- Timeouts (each team gets 2 per half of 1-minute each).
- All whistles during the **last minute of each 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.
 - The defense can only double team for 4-seconds. If the defense double teams for more that 4-seconds, the offense will be given the ball at the nearest out of bounds area.
- Full court press will only be allowed when the team is not leading by 15 or more points.

-Seconds in the Key Rule:

- 3-seconds

-Court Dimensions:

- Basket Height - 10 feet
- Free Throws - Shoot from 15 feet and cannot cross the line.
- 3-point shots are allowed.

-Basketball Size:

- 28.5

-Overtime:

- 2-minute overtime (running clock). No 2nd overtime. Game will end in a tie.

-Fouls:

- If a player commits 5 fouls in a game, they will be disqualified for the rest of the game.
- 2 technicals in a season will result in a suspension from the current game as well as a full game suspension the following week.
- 3 technicals in a season will result in expulsion from the league without refund.

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7th-8th Grade

-Time Regulation:

- Four 8-minute quarters with a 3-minute half-time.

-Playing Time Requirements:

- All players on a team **must play at least 16-minutes** or half of every game.
- 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.**
- No player is to play the entire game. We encourage all team members to play an equal amount of time during each game.

-Clock Stops on the Following:

- Timeouts (each team gets 2 per half of 1-minute each).
- **All whistles during the last minute of each 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.
- Full court press will only be allowed when the team is not leading by 15 or more points.

-Seconds in the Key Rule:

- 3-seconds

-Closely Guarded

- Closely guarded will be called if the ball handler is guarded within 6 feet for 5-seconds and does not beat the defender. Count restarts when starting the dribble and picking up the dribble.

-Court Dimensions:

- Basket Height - 10 feet
- Free Throws - Shoot from 15 feet and cannot cross the line.
- 3-point shots are allowed.

-Basketball Size:

- Girls - 28.5
- Boys - 29.5

-Overtime:

- 2-minute overtime (running clock). No 2nd overtime. Game will end in a tie.

-Fouls:

- If a player commits 5 fouls in a game, they will be disqualified for the rest of the game.
- 2 technicals in a season will result in a suspension from the current game as well as a full game suspension the following week.
- 3 technicals 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!