



YOUTH BASKETBALL RULES **(K-1st Grade)**

I. Game Play

- a. Game will be played on an 8 ft. basket.
- b. Junior size ball will be used.
- c. Two 15 minute halves with a running clock. Games are final, at the end of regulation. There will not be any overtime periods.
- d. Each team will receive one 1-minute timeout per half. Timeouts cannot be carried over into the second half.
- e. Players must receive equal playing time.
- f. Substitutions are unlimited, but must be made during a dead ball.
- g. All games will be played 3v3, 4v4, or 5v5.
- h. There will be a 15-point maximum lead. When the trailing team scores, the points will be added to the trailing team's score. The leading team will not receive points until their next made basket.
- i. As a recreational league, with the kids still very much learning, coaches should do their best to get all the kids on the team equal playing time.
- j. To encourage good sportsmanship, our staff will have sportsmanship pins if they see the kids going above and beyond to be a good sport. Coaches can bring it to our attention as well, so please let us know if the kids are doing something good!

II. Offense

- a. To encourage a "flow" to the game, double-dribbling and traveling are left to the discretion of the official. If the official does call a violation, the official will explain the violation. The violation does not result in a turnover; the offensive team retains possession at the top of the key.

III. Defense

- a. Man-to-man defense only.*
- b. No zone defense allowed.*
- c. No pressing - defense must set up at half court.
- d. The defense cannot steal the ball from the ball handler; steals can only be made off the pass.
- e. No shot blocking; a player may stand with their hands straight up, and the play may result in a block.

*These rules are in place to help with floor spacing and to prevent "herding"

