



YOUTH BASKETBALL RULES
(4th – 5th Grade)

I. Game Play

- a. Game will be played on a 10 ft. basket.
- b. Women's size ball will be used.
- c. Two 15 minute halves with a running clock. If the game is tied at the end of regulation, there will be a jump ball and the first team to score wins.
- 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 must be made during a dead ball.
- g. Each player is allowed 6 personal fouls a game.
- h. Games will be played 5 on 5.
- i. 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.
- j. 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.
- k. 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!
- l. Standings tiebreakers at the end of the season will be determined in the following order: Head to Head, Point Differential, and Strength of Schedule.

II. Offense

- a. Any offensive player is allowed 5 seconds in the lane.
- b. Double dribble and traveling result in turnover.

III. Defense

- a. Both Man-to-man & Zone defenses are allowed.
- b. Trailing team may press with 5 minutes or less to play in the 2nd half.
- c. Steals are allowed off the dribble and pass.
- d. Defense may block shots.