



## Charlottesville Parks and Recreation Youth Basketball League Rules

### General League Rules

- All leagues will operate under the general standards of VHSL basketball rules, except where modifications or exceptions are outlined in the specific age-group divisions below.
- The Charlottesville Parks and Recreation Athletics Office reserves the right to interpret and modify these rules as necessary.
- For questions regarding rule interpretations or general league rules, please contact the Athletics Office.

## K–1st Grade Division (Coed)

### Practice and Game Management

- **Practice Length:** Practices should not exceed 45 minutes.
- **Scorekeeping:** Scores will not be kept or displayed on the scoreboard during games.
- **Coaches:** Only coaches who have been approved and cleared by the City may be on the court or bench during games to assist and direct players.
- **Officials:** No game officials will be assigned to this division. Coaches will help direct players and facilitate gameplay.

### Equipment and Participation

- **Basket Height:** 6.5 feet.
- **Ball Size:** 27.5 inches (Size 5).
- **Players on the Court:** Five players per team.
- **Equal Playing Time:** Every player is expected to participate in an equal number of quarters.
- **Substitutions:** Substitutions outside the established participation rotation are permitted only in cases of injury, illness, or other unforeseen circumstances.
- **Uniforms:** Players must wear their team jerseys during games. Practice pinnies may be used if a player is missing their jersey.
- **Jewelry:** Players may not wear jewelry of any kind. Medical alert bracelets must be securely taped to prevent loose ends from becoming caught or creating a safety hazard.

### Game Format and Timing

- **Game Length:** Four 8-minute periods.
- **Clock:** The game clock will run continuously, except for scheduled substitution breaks.
- **Substitution Breaks:** The clock will stop at the 4-minute mark of each period to allow for substitutions.
- **Time-Outs:** Each team will receive three time-outs per game.

## Defensive Rules

- **Pressing:** Full-court or backcourt pressing is not permitted at any time.
- **Defensive Alignment:** Teams may play either man-to-man or zone defense.
- **Defensive Restrictions on Inbounds:** On designated inbounds plays, the defensive team must allow the ball to advance beyond half court before applying defensive pressure.

## Violations and Fouls

- **Traveling and Double Dribbling:** When a traveling or double-dribble violation occurs, play will be stopped and the violation explained to the players. The ball will then be returned to play by a coach or designated game facilitator.
- **Possession After Violations:** When a violation is called, possession will be awarded to the opposing team, consistent with the instructional approach of this division.
- **Fouls:** Contact fouls will be called for instructional purposes but will not be tracked. The opposing team will receive possession of the ball for an inbound pass at the appropriate location based on where the foul occurred.
- **Free Throws During Games:** Free throws will not be attempted during games.

## Pre-Game Free-Throw Instruction

- **Free-Throw Practice:** Before each game, players will practice free throws during warm-ups.
- **Player Rotation:** Each player will attempt two free throws before rotating to the next player.
- **Purpose:** This activity is intended to familiarize players with free-throw situations and provide an opportunity to teach proper technique and routines.

## Starting Play and Possession

- **Opening Possession:** Each game will begin with a jump ball at center court.
- **Alternating Possession:** Possession will alternate between teams at the beginning of each subsequent period and following jump-ball situations.
- **Inbounds and Backcourt Advancement:** On designated inbounds plays, the ball will be put into play in the backcourt. The defensive team must allow the ball to advance beyond the half-court line before applying defensive pressure.

## Player Attire and Safety

- **Jewelry:** Players may not wear jewelry of any kind. Medical alert bracelets must be securely taped to prevent loose ends from becoming caught or creating a safety hazard.
- **Uniforms:** Players must wear their team jerseys throughout the game. Practice pinnies may be used if a player is missing their jersey.



## • 2nd–3rd Grade Division (Coed)

### Practice and Game Management

- **Practice Length:** Practices should not exceed one hour.
- **Coaches:** During the first three regular-season games, one coach per team may be on the court to assist and direct players. Only coaches who have completed the required City background checks may be on the court or bench.
- **Instructional Period:** The first three regular-season games will serve as an instructional period to help players become familiar with game situations and prepare for officiated play.
- **Officials:** The first three games will be coach-led. The final four regular-season games and all playoff games will be officiated by referees.
- **Standings and Playoffs:** Scores will be kept and displayed during games. The final four regular-season games will count toward league standings and determine playoff seeding. All teams will qualify for the playoffs.
- **Coach Conduct:** During the final four regular-season games and playoffs, only one coach per team may stand at a time, in accordance with VHSL rules.

### Equipment and Participation

- **Basket Height:** 9 feet
- **Ball Size:** 27.5 inches (Size 5)
- **Players on the Court:** Five players per team.
  - Every player must participate for a minimum of three minutes per quarter. Site supervisors and scorekeepers will monitor playing time and substitutions.
  - If staff determines that a team is not meeting the minimum playing-time requirements, the coach will receive a warning. If the requirements continue to be unmet, staff may take over substitutions for the remainder of the game. Additional disciplinary action may be taken at the discretion of the Athletics Office.
  - Free substitutions are permitted. Players must check in at the scorer's table before entering the game.
  - Coaches must have players ready to enter the game and identify which player they are replacing to minimize delays.
  - The game clock will continue to run during substitutions unless the substitution occurs during a time-out or another dead-ball situation.

### Game Format and Timing

- **Game Length:** Four 8-minute periods.
- **Clock:** The clock will run continuously, except during designated stoppages.
- **Clock Stoppages:** The clock will stop for dead-ball situations during the final two minutes of regulation and for injuries.
- **Overtime:** If the game is tied at the end of regulation, one 2-minute overtime period will be played. If the score remains tied at the end of overtime, the game will end in a tie.

- **Overtime Clock:** The clock will stop during dead-ball situations in the final two minutes of overtime.
- **Time-Outs:** Each team will receive two time-outs per half. Unused time-outs will not carry over to the next half.

## Defensive Rules

- **Pressing:** Full-court pressing is not permitted during the game, except during the final two minutes of regulation.
- **Defensive Alignment:** Teams may play either man-to-man or zone defense.
- **Defensive Restrictions:** Teams must set up their defense in the half court and allow the opposing team to advance the ball beyond the half-court line before applying defensive pressure. Teams may not press or pick up the opposing team at the half-court line during the game, except during the final two minutes of regulation.

## Violations and Fouls

- **Traveling and Double Dribbling — First Three Games:** Traveling and double-dribble violations will be called and explained to players. During this instructional period, coaches will use their best judgment to determine whether the violating team retains possession for instructional purposes or whether possession should be awarded to the opposing team. The goal is to provide learning opportunities while teaching and reinforcing the rules.
- **Traveling and Double Dribbling — After the First Three Games:** Beginning with the fourth regular-season game, referees will call and explain traveling and double-dribble violations. Possession will be awarded to the opposing team.
- **Fouls:** Fouls will be called but not tracked. Unless a shooting foul occurs, the opposing team will receive possession of the ball for an inbound pass or at the appropriate location based on where the foul occurred.
- **Shooting Fouls:** All shooting fouls will result in two free throws.
- **Free-Throw Line:** Free throws will be attempted from the designated free-throw line closest to the basket. The appropriate line will be marked on each court so teams can practice from the correct distance.

## Starting Play and Possession

- **Opening Possession:** Each game will begin with a jump ball at center court.
- **Alternating Possession:** Possession will alternate between teams at the beginning of each subsequent period and following jump-ball situations.
- **Inbounds and Defensive Restrictions:** On designated inbounds plays, the ball will be put into play in the backcourt. The defensive team must allow the ball to advance beyond the half-court line before applying defensive pressure, subject to the pressing exception during the final two minutes of regulation.

## Player Attire and Safety

- **Jewelry:** Players may not wear jewelry of any kind. Medical alert bracelets must be securely taped to prevent loose ends from becoming caught or creating a safety hazard.
- **Uniforms:** Players must wear their team jerseys throughout the game. Practice pinnies may be used if a player is missing their jersey.



## 4th–5th Grade Division (Coed)

### Practice and Game Management

- **Practice Length:** Practices should not exceed one hour.
- **Coaches:** Only coaches who have completed the required City background checks may be on the court or bench during games.
- **Coach Conduct:** During live gameplay, only one coach per team may stand at a time. During time-outs and other stoppages, all coaches may stand, in accordance with VHSL rules.
- **Scorekeeping and Standings:** Scores will be kept and displayed during games. League standings will be maintained to determine seeding for the end-of-season tournament.

### Equipment and Participation

- **Basket Height:** 10 feet
- **Ball Size:** 28.5 inches (Size 6)
- **Players on the Court:** Five players per team.
  - Every player must participate for a minimum of four minutes per quarter. Site supervisors and scorekeepers will monitor playing time and substitutions.
  - If staff determines that a team is not meeting the minimum playing-time requirements, the coach will receive a warning. If the requirements continue to be unmet, staff may take over substitutions for the remainder of the game. Additional disciplinary action may be taken at the discretion of the Athletics Office.
  - Free substitutions are permitted. Players must check in at the scorer's table before entering the game.
  - Coaches must have players ready to enter the game and identify which player they are replacing to minimize delays.
  - The game clock will continue to run during substitutions unless the substitution occurs during a time-out or another dead-ball situation.

### Game Format and Timing

- **Game Length:** Four 10-minute quarters.
- **Clock:** The clock will run continuously except during the final two minutes of the fourth quarter.
- **Clock Stoppages:** During the final two minutes of the fourth quarter, the clock will stop during all dead-ball situations.
- **Overtime:** If the game is tied at the end of regulation, one 2-minute overtime period will be played. If the score remains tied at the end of overtime, the game will end in a tie.
- **Time-Outs:** Each team will receive two time-outs per half. Unused time-outs will not carry over to the next half.

## Defensive Rules

- **Defensive Alignment:** Teams may play either man-to-man or zone defense.
- **Full-Court Pressing:** Full-court pressing is permitted only during the final two minutes of the fourth quarter. Teams leading by 20 points or more may not press at any time.
- **Twenty-Point Lead Restriction:** When a team leads by 20 points or more, it must establish its defense in the half court and allow the opposing team to advance the ball to the front of the three-point line before applying defensive pressure. The leading team may not full-court press or apply defensive pressure at the half-court line while holding a lead of 20 points or more.
- **Early Defensive Pressure:** If an official determines that a team has applied defensive pressure before the opposing team is permitted to advance the ball, play will be stopped and possession will be awarded to the opposing team at half court.

## Violations and Fouls

- **Traveling and Double Dribbling:** Traveling and double-dribble violations will be called and enforced.
- **Three-Second Lane Violation:** Offensive three-second lane violations will be called and enforced.
- **Fouls:** Personal and team fouls will be called and tracked throughout the game.
- **Fouling Out:** Players will be disqualified from the remainder of the game upon receiving five personal fouls.

## Bonus Free Throws and Shooting Fouls

- **Bonus Free Throws:** One-and-one free-throw situations will not be used. All bonus situations will result in two free throws.
- **Bonus Threshold:** The bonus will begin when a team reaches five team fouls in a quarter. Team fouls will reset at the beginning of each quarter.
- **Overtime Fouls:** Team fouls will not reset for overtime. Fouls accumulated during the fourth quarter will carry over into overtime.
- **Shooting Fouls:** All shooting fouls will result in two free throws.
- **Free-Throw Line:** Free throws will be attempted from the regulation free-throw line at the basket.

## Starting Play and Possession

- **Opening Possession:** Each game will begin with a jump ball administered by an official at center court.

## Player Attire and Safety

- **Jewelry:** Players may not wear jewelry of any kind. Medical alert bracelets must be securely taped to prevent loose ends from becoming caught or creating a safety hazard.

- **Uniforms:** Players must wear their team jerseys throughout the game. Practice pinnies may be used if a player is missing their jersey.



## 6th–8th Grade Middle School Division (Coed)

### Practice and Game Management

- **Practice Length:** Practices should not exceed one hour.
- **Coaches:** Only coaches who have completed the required City background checks may be on the court or bench during games.
- **Coach Conduct:** During live gameplay, only one coach per team may stand at a time. During time-outs and other stoppages, all coaches may stand, in accordance with VHSL rules.
- **Scorekeeping and Standings:** Scores will be kept and displayed during games. League standings will be maintained to determine seeding for the end-of-season tournament.

### Equipment and Participation

- **Basket Height:** 10 feet
- **Ball Size:** 29.5 inches (Size 7)
- **Players on the Court:** Five players per team.
  - Every player must participate for a minimum of three minutes per quarter. Site supervisors and scorekeepers will monitor playing time and substitutions.
  - If staff determines that a team is not meeting the minimum playing-time requirements, the coach will receive a warning. If the requirements continue to be unmet, staff may take over substitutions for the remainder of the game. Additional disciplinary action may be taken at the discretion of the Athletics Office.
  - Free substitutions are permitted. Players must check in at the scorer's table before entering the game.
  - Coaches must have players ready to enter the game and identify which player they are replacing to minimize delays.
  - The game clock will continue to run during substitutions unless the substitution occurs during a time-out or another dead-ball situation.

### Game Format and Timing

- **Game Length:** Four 10-minute quarters.
- **Clock:** The clock will run continuously except during the final two minutes of the second and fourth quarters.
- **Clock Stoppages:** During the final two minutes of the second and fourth quarters, the clock will stop during all dead-ball situations.
- **Overtime:** If the game is tied at the end of regulation, one 2-minute overtime period will be played. If the score remains tied at the end of overtime, the game will end in a tie.
- **Overtime Clock:** The clock will stop during dead-ball situations throughout the overtime period.
- **Time-Outs:** Each team will receive two 30-second time-outs per half. Unused time-outs will not carry over to the next half.

## Defensive Rules

- **Defensive Alignment:** Teams may play either man-to-man or zone defense.
- **Pressing:** Full-court pressing is permitted throughout the game, except when a team is leading by 20 points or more.
- **Twenty-Point Lead Restriction:** When a team leads by 20 points or more, it must allow the opposing team to advance the ball to the volleyball line before applying defensive pressure. The leading team may not apply defensive pressure before the opposing team reaches this designated line.
- **Early Defensive Pressure:** If an official determines that a team has applied defensive pressure before the opposing team reaches the volleyball line while the 20-point lead restriction is in effect, play will be stopped and possession will be awarded to the opposing team at half court.

## Violations and Fouls

- **Traveling and Double Dribbling:** Traveling and double-dribble violations will be called and enforced.
- **Three-Second Lane Violation:** Offensive three-second lane violations will be called and enforced.
- **Fouls:** Personal and team fouls will be called and tracked throughout the game.
- **Fouling Out:** Players will be disqualified from the remainder of the game upon receiving five personal fouls.

## Bonus Free Throws and Shooting Fouls

- **Bonus Free Throws:** One-and-one free-throw situations will not be used. All bonus situations will result in two free throws.
- **Bonus Threshold:** The bonus will begin when a team reaches five team fouls in a quarter. Team fouls will reset at the beginning of each quarter.
- **Overtime Fouls:** Team fouls will not reset for overtime. Fouls accumulated during the fourth quarter will carry over into overtime.
- **Free-Throw Line:** Free throws will be attempted from the regulation free-throw line at the basket.

## Starting Play and Possession

- **Opening Possession:** Each game will begin with a jump ball administered by an official at center court.

## Player Attire and Safety

- **Jewelry:** Players may not wear jewelry of any kind. Medical alert bracelets must be securely taped to prevent loose ends from becoming caught or creating a safety hazard.

- **Uniforms:** Players must wear their team jerseys throughout the game. Practice pinnies may be used if a player is missing their jersey.