

# HYBA – Little Dribblers Playing Rules

## 2025-2026

Division	Age	Ball Size	Goal Height	Defense	Lane Violation	Free Throw	3 Point Shot	Time Outs per half	Players on the court
<b>Coed</b>									
Cheer	5-14	N/A	N/A						
Challenger	5-14	27.5"	8'		none	Line marked	No	0	all
Kinder	5 & 6	27.5"	8'	Front court only Must guard colored matching wristband	5 seconds	Line marked	No	2	4
<b>Boys</b>									
Freshman	7 & 8	28.5"	9'	Man Defense Front court only	5 seconds	Line marked	No	2	5
Junior	9 & 10	28.5"	10'	1st-3rd Qtrs Man Defense Front court only 4 <sup>th</sup> qrtr/OT only Man Defense Full Court	5 seconds	13'6"	No	2	5
Major	11 & 12	29.5"	10'	Full UIL Rules	3 seconds	Normal	Yes	2	5
Senior	13 & 14	29.5"	10'	Full UIL Rules	3 seconds	Normal	Yes	2	5
<b>Girls</b>									
Freshman	7 & 8	27.5"	9'	Man Defense Front court only	5 seconds	Line marked	NO	2	5
Junior	9 & 10	28.5"	9.5'	1st-3rd Qtrs Man Defense Front court only 4 <sup>th</sup> qrtr/OT only Man Defense Full Court	5 seconds	13'6"	No	2	5
Major	11 & 12	28.5"	10'	Full UIL Rules	3 seconds	Normal	Yes	2	5

\*\*\* All-star Rules may be different for tournaments.

### 1. CLOCK

**Quarters:** Each quarter will be eight (8) minutes. (Kinder is 6 minutes). Clock is running except for Timeouts and Free Throws. Clock stops the last two (2) minutes of the 2<sup>nd</sup> quarter and 4<sup>th</sup> quarter at the whistle.

**Time Outs:** 3 Full time outs in each half.

**Half Time:** Four (4) minutes (Kinder is 3 minutes)

**Subs:** Every Four (4) minutes. Players will check in at the score table 15 seconds before the 4 min mark every quarter. This is not a timeout and coaches cannot meet with teams. Players should know who they are relieving.

**Playing Time:** All players must play at least ½ of every quarter. How you sit them is up to you. Not all players are required to sit. It is recommended that you sit everyone to be fair, younger age groups especially.

\*\* (all-star tournaments will be different)

## **2. DEFENSE IN THE BACK COURT**

*(This rule is not applicable in the Major or Senior Divisions)*

**Junior Division:** Defense in the back court is prohibited except during the fourth quarter of the game and any overtimes. This rule shall not be interpreted to allow a “free” outlet pass starting a fast break, or to allow rolling the ball during the inbounds of the ball. Man Only at all times. No zone defense.

## **3. ZONE DEFENSE**

*(The following rule is not applicable in the Major or Senior Divisions)*

**Season Rule Junior Division:** A zone defense shall not be permitted at any time during the game.

**Penalty:** Technical Foul. Repeated violations may result in forfeiture of the game.

**Comment:** A zone defense penalty should be called when:

A defensive player plays the ball as opposed to guarding an offensive player (“chasing the ball”), or

A defensive player guards an area of the court as opposed to guarding an offensive player.

Additionally: “Zoning” will be a **judgment call of the official**. Officials are cautioned that the zone defense rule does not prohibit a defensive team from “double teaming,” “trapping,” “switching,” or “sagging.” The rule does not require the defensive player to remain within a certain distance of his offensive player, unless required by the National Federation Rules. (This rule does not require a team to guard the person throwing in the ball on an inbounds play.)

The intent of the rule is to prevent the “chaser” defense, where one or more players chases the offensive player having the ball; and the traditional zone defense, where one or more defensive players’ primary responsibility is protecting an area of the court. Each of these situations is easily detected by anyone knowledgeable of basketball and should be strictly enforced. This rule is applicable in the front court and back court.

Coaches and players should not expect complete uniformity in the enforcement of this rule. No two officials will judge a situation the same. A good team will be one that is coached to adapt its offense and defense based on how the officials are calling the game. This is true regarding how the officials call fouls, lane violations and traveling violations. It should be the same with the zone defense rule.

No Double Teaming allowed.

Players can call for a switch and switch defenders as long as they each retain one offensive player.

## **4. ISOLATION OFFENSE**

*(This rule is not applicable in the Major or Senior Divisions)*

No isolation type offense involving one or two players will be permitted. Clearing the floor to one side for a one-on-one or two-on-two offense is prohibited. Teams must involve all players in the offensive pattern. This will be a judgment call of the official.

**Junior Division:** This rule is applicable during the entire game including overtime play.

**Penalty:** Technical Foul

## **5. FREE THROWS**

Kinder & Freshman lines will be marked for Free Throw spot. Juniors will shoot from 13’6” which will be marked.

Majors & Seniors- Players may NOT step on or jump over the line when shooting or it will be a penalty. No shot will be awarded. Players must remain behind the free throw line at all times.

## **6. MERCY RULE**

Defense in the back court is prohibited when the winning team is at least 20 points ahead of the opposing team. This rule applies to all local league games in all divisions and will be enforced as such.

**Penalty:** Technical Foul

## **7. PICK UP PLAYERS**

In the event of needing players, you are allowed to pick up from another team. It is your responsibility to get with the other coaches in your division to find a player(s). If you have 5 players, you can pick up one. If you have 4 players, you can pick up 2. The pickup player can not start the game (unless you only have 4 players). The pickup player can only come in on injuries or for kids who ask for a break. If you have 4 players, you must sub out the two pick up players with each other unless an injury or a player cannot continue and asks for a break. The pickup player may not bring the ball down the court or be your main ball handler (*not applicable for fast breaks*). Your point guard/main ball handler must be someone on your team. The pickup player needs to be someone around the same skill set to make it fair. Do not just pick up a “ringer”. You must let a board member know if you will be picking up a player and who it is.

### **\*\*\*ALL-STAR ROSTERS**

Our Divisions eligible for All-Stars are Freshman, Junior, Major & Senior.

Each coach from the four divisions for both boys and girls is advised to watch throughout the season for the players you feel would be best for the All-Star Team. Towards the end of the season, coaches will nominate and vote on players they feel deserve to be on the team. Should a player not be able to fulfill a spot, the All-Star coach will choose another player.

#### ***American (Llleveland – Lubbock area) and National ( Mexia – East of Waco) Leagues:***

Tournament rosters must consist of a minimum of ten (10) players and a maximum of twelve (12) players. Teams must play their first tournament game with a minimum of ten (10) players. After the first game, the team may consist of less than ten players in the case of player (s) injury, illness or school related conflict. Tournament teams may never consist of less than eight (8) players.

#### ***Continental Leagues ( Nocona – Northwest of Dallas):***

Tournament All-Star Rosters must consist of a minimum of eight (8) players and a maximum of twelve (12) players. Teams must play their first tournament game with a minimum of eight (8) players. After the first game, the team may consist of less than eight players in the case of players' injury, illness or school related conflict. Tournament All-Star teams may never consist of less than seven (7) players.

#### ***All leagues:***

It is recommended that tournament teams select more than the minimum number of players. You must have the minimum number of players for your division to start a tournament. By selecting alternates, you avoid having to forfeit due to player injury or illness.

Prior to each game, teams must designate which players will be alternates in the official score book. Alternates may play at any time, but do not have to qualify.