

WRIGHT CITY YOUTH BASKETBALL RULE BOOK 2025



Youth Basketball Guidelines: PreK/K Division **and 1st/2nd grade Divisions**

The below playing standards and rules are to serve as guidelines and recommendations for the Wright City Youth Basketball Parks and Rec League.

EQUIPMENT

TOPIC	RECOMMENDATION
Size of Ball	K, 1st Grade & 2nd Grade size 5 (27.5")
Height of Basket	PreK/ K - 6ft 1st/2nd - 8 ft

GAME STRUCTURE

TOPIC	RULES
Game Length	2 15-minute halves with continuous running clock
Time Between halves	5 minutes for Half-time
Substitutions	Substitutions can be done at any time when a dead ball occurs
Scoring	Scores will be kept
Free Throws	Free throws will not be shot. On any foul, players will be explained the foul and the player fouled will take the ball from out of bounds
Timeouts	1 timeout is given per half for each team per game
# of Players on the Court	Each team will have 5 players on the court at a time. If a team only has 4 players, they may borrow a player from the opponent team <u>or</u> play 4 v 4
# of Coaches on the Court	Each team is allowed 1 coach on the court at all times to help direct and instruct players, an assistant coach is allowed on bench directing players.
Start of the Game Possession	Team listed first on the schedule will be given 1st possession. Game starts with an inbound pass at mid court.

Over and Back / 10 Second Violation	Over and back will be called as well as a 10 second violation to ensure ball movement is taking place, but given to the offensive team out of bounds. This is an instructional league. Lane violations will not be called.
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GAME TACTICS/VIOLATIONS

TOPIC	RULES
Playing Time	Each player must be given the chance to play equal amount of time
Set Defense	Only player-to-player defense throughout the competition. No Zone.
Pressing Defense	Pressing is not allowed. When the offensive team has possession of the ball, the defensive team must get down the court either inside the 3 point arc or designated area. This allows for teams to dribble down the court. When passing in a ball from out of bounds, defense players must be within the 3 pt arc or designated area.
Double-Team/ Crowding	Double-team/crowding is not allowed. Defensive players must remain inside the 3-point arc or designated area and only play player-to-player defense. If this violation occurs, the referee will award the ball to the player out of bounds.
Over and Back / 10 Second Violation	Over and back will be called as well as a 10 second violation to ensure ball movement is taking place, but given to the offensive team out of bounds. This is an instructional league. Lane violations will not be called.
Stealing From the Dribbler	No Stealing from the dribbler is allowed. This is based and promoted by USA Youth Basketball Development. Stealing is only allowed when being passed inside the 3 point arc. If an offensive player attempts to pass and the defensive player successfully disrupts or blocks the pass, then they can steal.

Team fouls will not be kept but individual fouls will be via white armbands. Each player will receive a white armband when they are assessed a personal foul. If they receive two personal fouls they will be forced to sit on the bench for a minimum of one minute. Once the player returns to the game the two white armbands will be removed and the players' fouls will reset.

RATIONALE FOR INSTRUCTIONAL LEAGUE

Size of Ball: A smaller ball for the younger age segments is advised due to the size of a child's hand as well as their developing skill level. A small ball allows for better control and success.

Start of Game Possession: The team listed first on the schedule will start the game with possession. Alternating possession rules will then ensue throughout the game.

Double-Team/Crowding: Crowding the ball with multiple players (referred to as double-teaming) is not allowed for the younger age segments due to skill and size discrepancies among children at these ages.

Pressing Defense: Pressing defense is prohibited in this league to help children develop principles of movement with and without the ball.

Stealing from the Dribbler: For this league, players are not allowed to steal the ball from an active dribbler. This allows ball-handlers to develop dribbling skills and confidence with the basketball. Stealing is only allowed when a pass is made inside the 3-point arc in the offensive zone.

Colored Wristbands: Players on each team should wear wristbands to simplify man-to-man defense, helping them quickly identify their assigned opponents, especially during substitutions, reducing confusion and allowing players to focus on their skills.

NO ZONE DEFENSE ALLOWED

Youth Basketball Guidelines: 3rd/4th Division **and 5th/6th/7th/8th Division**

EQUIPMENT

TOPIC	RECOMMENDATION
Size of Ball	Girls Basketball size 27.5 in
Height of Basket	10 ft

GAME STRUCTURE

TOPIC	RULES
Game Length	2 20-minute halves with a continuous running clock. The clock will stop on each whistle in the last 2 minutes of each half.
Time Between halves	5 minutes for Half-time
Substitutions	Substitutions can be done at any time when a dead ball occurs, but clock will keep running
Scoring	Scoring is kept 3 points for beyond 3 pt arc and 2 points within arc; Free throws 1 point
Free Throws	2 free throws are given to the player who was fouled during their shot.
Timeouts	2 timeouts per half for each team per game
# of Players on the Court	Each team will have 5 players on the court at a time. If a team only has 4 players, they may borrow a player from the opponent team <u>or</u> play 4 v 4
# of Coaches on the Court	Each team is allowed 1 coach standing on sidelines and 1 coach sitting on the bench
Start of the Game	The game will start with a jump ball.

VIOLATIONS:

- All fouls and violations will result in the award of the ball to the offended team, except as specifically noted.
- Personal fouls will be called more strictly with the older grades. Any type of hand on the body or if a player attempts to steal the ball and bumps the offensive player it will result in a foul. A defensive player can not put their hand on the offensive player to stop them which will result in a foul.
- **Team fouls will not be kept but individual fouls will be via white armbands. Each player will receive a white armband when they are assessed a personal foul. If they receive two personal fouls they will be forced to sit on the bench for a minimum of one minute. Once the player returns to the game the two white armbands will be removed and the players' fouls will reset.**
- Offensive players must be still when setting screens or picking plays. Moving to block the path of a defensive player is not allowed and will result in a personal foul.
- Hand checking, where a player uses their hand to impede an opponent, is considered a foul. Only one hand can be used, and it cannot be laid on the opponent's body.
- Grabbing any part of an opponent's uniform is a foul and may lead to a technical foul, depending on the severity of the contact.
- Moving screens, where offensive players move while setting screens, are not permitted and will result in a foul.
- **No Press Rule** - Once a team has established control of the ball in its backcourt—after the opening tip-off, following a turnover, on a rebound, and on a rebound, and on any throw-in into the backcourt. The defensive team must drop back to the volleyball line without applying any defensive pressure.
- **Press Rule is allowed during the last Two Minutes of each half. Unless either team is up by 10 points or more in the second half of the game, both teams are not permitted to press. At any point the lead is less than 10 points both teams may press.**
- Double-team defense is prohibited.
- **Lane violation**-Any offensive player standing (any part of their feet) in the lane for more than five seconds will be called.
- **Moving violations** such as traveling and double dribbling will be called and given to the defensive team out of bounds where foul occurred.

- For 3rd/4th division, moving violations will be called and given back to the offensive team for instructional purposes during the first 2 games.
- Over-and-back will result in turnover of the ball to the opposing team.
- Fouls that are outrageous and unsportsmanlike,(flagrant fouls) in the opinion of the referee, will result in the **offending player sitting out for 10 minutes of the game.**
- Any coach receiving a technical foul will be required to leave the gym area.
- Any **spectator who is abusive or otherwise out of control** will be requested to leave the gym area. Failure to leave the gym area when requested will result in **termination of the game.**

SCOREKEEPER/TIMEKEEPER GUIDELINES

GAME SCORE: Tally points for each team on flip cards and game score sheet or if available on the scoreboards at the schools.

FOULS: Keep track of personal fouls on the score sheet. Inform the referee if a player is approaching fouling out or has fouled out Keep track of technical fouls on game score sheet a technical foul will also count as a personal foul.

Time of Play: An effort must be made to make sure all players receive a fair amount of playing time.

THE SCOREKEEPER AND TIMEKEEPER SHOULD DOUBLE CHECK EACH OTHER IN ORDER TO AVOID POTENTIAL CONTROVERSIES. ALL SCOREKEEPERS AND TIMEKEEPERS SHOULD REFRAIN FROM HOLLERING OR SCREAMING DURING GAMES. POSITIVE ENCOURAGEMENT OF ALL PLAYERS IS ALLOWED.

CODE OF CONDUCT

As the Parks Director for our city, I want to highlight the paramount importance of sportsmanship in our youth sports programs.

- **Players** must exhibit fair play, teamwork, and respect for all teammates, opponents and referees.
- **Coaches** must play a crucial role in fostering a positive environment by emphasizing skill development, cooperation, and instilling values beyond the game. **NO yelling** at the kids. Coaches need to give instructional feedback for all player's development.
- **Parents** must show positive encouragement to all players, coaches and referees. If a parent or spectator gets too mouthy or out of hand, they will be asked to leave. If they do not leave, this will result in the game being **terminated**. That parent or spectator will not be allowed to return for the season.

We encourage positive support, respectful interactions with coaches and officials, and a focus on the development and enjoyment of the game over solely the outcome. By collectively embracing these expectations, we can ensure that our youth sports programs not only promote physical activity and skill enhancement, but also contribute to the character development of our young athletes.

***** Thank you for your commitment to maintaining a positive and enriching sports environment in our community.*****