

Youth Basketball League Rules and Regulations (2025–26 Season)

Game Format

- **Game Time:**
 - o Pee Wee & Division 3/4: Four (4) quarters, 8 minutes each (running clock).
 - o Divisions 5/6 & 7/8: Four (4) quarters, 10 minutes each (running clock).
 - o Clock stops for timeouts and during the last 2 minutes of the fourth quarter.
- **Minimum Players:**
 - o A team must have at least 4 players to begin the game.
 - o If a team has fewer than 4 players at the start, it will be a forfeit.
 - o If during the game a team drops below 4 eligible players, it will also result in a forfeit.
 - o All forfeits will be recorded as 20–0 in favor of the opposing team.
- **Halftime:**
 - o 3 minutes
- **Timeouts:**
 - o Each team receives two (2) 30-second timeouts per half.
 - o Unused timeouts do not carry over.
 - o Teams with 5 players or fewer are granted one (1) extra timeout per half.
 - o Division 1 (Pee Wee): No timeouts are available unless an injury or special circumstance occurs.

Playing Time and Substitutions

- **Minimum Play Rule:**
 - o Every player must play a minimum of 5 consecutive minutes during each of the first three periods.
 - o An official substitution timeout will occur midway through each period (or at the next dead ball).
 - o A player's 5-minute segment must begin at the start or midpoint of a period.
 - o Exceptions permitted for injury, illness, or disqualification.

- **Maximum Play Rule:**

- o Players may not exceed:

- 35 minutes of playing time in regulation (Divisions 5/6 & 7/8).
- 28 minutes for Division 3/4.

- o Every player must sit for a minimum of one 5 or 4 -minute consecutive segment.

- o If a team has more than 5 players, each athlete must sit one full 5 or 4-minute period.

- **Substitutions:**

- o Mid-segment substitutions are only permitted for injury, illness, or fouling out.

- o Free substitutions are allowed in all divisions only during the final 2 minutes of the 4th quarter and only after all players have fulfilled their three minimum 5-minute segments.

- o Substitutions due to injury/illness/disqualification do not count as a player's required sit-out period for the Maximum Play Rule.

- o All players must check in with the scorekeeper prior to entering the game.

Scoring and Fouls

- **Scoring:**

- o Field goals = 2 points

- o Three-point shots (where permitted) = 3 points

- o Free throws = 1 point

- o Wrong basket scoring:

- Division 3/4: No points awarded.
- Divisions 5/6 & 7/8: Points awarded to the opposing team.

- **Personal Fouls:**

- o Each player is allowed 4 personal fouls; the 5th foul results in disqualification.

- **Updated Team Foul Rule (NFHS 2023–24):**

- o Team fouls reset each quarter.

- o After five (5) team fouls in a quarter, the opposing team receives two automatic free throws (no "one-and-one").

Defense and Pressing Rules

Sportsmanship Rule

- **Point Differential Rule (All Divisions):**

- o When a team leads by 15 points or more:
 - The possession arrow remains with the trailing team until the margin drops below 15.
 - The trailing team receives two free throws for each defensive foul (except on made baskets).
- o Taunting (on or off the court) results in an automatic technical foul.

- **No Pressing When Sportsmanship Rule Is Active:**

- o Penalties:
 - 1st offense: Verbal warning
 - 2nd offense: Technical team foul + 2 free throws + ball possession

Pressing Rule (By Grade Level)

- **Grades 1–4:**

- o Full-court pressing allowed only in the last 2 minutes of the 2nd and 4th quarters.
- o Only permitted when the Sportsmanship Rule is not in effect.

- **Grades 5–6:**

- o Full-court pressing allowed only in the 2nd and 4th quarters.
- o Only allowed when the Sportsmanship Rule is not in effect.

- **Grades 7–8:**

- o Full-court pressing allowed the entire game, unless the Sportsmanship Rule is in effect.

- **Press Line Addition:**

- o **A clearly marked press line will exist on both sides of the court, halfway between half-court and the 3-point line.**

- o **When pressing is not allowed, defenders must retreat behind the press line until the ball crosses into the offensive part of the court.**

- **Violations for Pressing When Not Allowed:**

- o 1st offense: Verbal warning
- o 2nd offense: Technical foul, 2 free throws, and ball possession

Division-Specific Rules

Division 1: Pee Wee (Grades 1–2)

- o **Focus:** Fundamentals and teamwork
- o **Basket Height:** 8 feet
- o **Ball Size:** Size 5 (27.5 inches)
- o **Defense:** Man-to-man only; no ball stealing
- o **Pressing:** Not allowed
- o **Scoring:** No official scorekeeping; participation emphasized
- o **Timeouts:** **None**, except for injury/special circumstances
- o **Free Throws:** Not permitted; fouls result in possession change
- o **Substitutions:**
 - Every 4 minutes, play stops for a 60-second substitution timeout for both teams

Division 2: Grades 3–4

- o **Focus:** Building foundational skills
- o **Basket Height:** 10 feet
- o **Ball Size:** Size 6 (28.5 inches)
- o **Defense:** Man-to-man and zone allowed; man-to-man encouraged
- o **"In the paint" offensive rule :** 5 seconds
- o **Pressing:** Only in the last 2 minutes of the 2nd and 4th quarters ,unless Sportsmanship Rule is active
- o **Scoring:**
 - Scores are kept but downplayed
 - No 3-point shots allowed; attempts count as 2 points
- o **Timeouts:** Two 30-second timeouts per half
- o **Free Throws:**
 - Shooting fouls result in free throws (12-foot line)
 - Non-shooting fouls result in possession
- o **Overtime:** None; ties stand

Division 3: Grades 5–6

- o **Focus:** Applying skills in competitive play
- o **Basket Height:** 10 feet
- o **Ball Size:**
 - Girls: Size 6
 - Boys: Size 7
- o **Defense:** Man-to-man and zone allowed
- o **In the paint offensive rule:** 3 seconds
- o **Pressing:** Only allowed in the 2nd and 4th quarters, unless Sportsmanship Rule is active
- o **Timeouts:** Two 30-second timeouts per half
- o **Free Throws:** Updated NFHS rule applies
- o **Overtime:** See overtime section

Division 4: Grades 7–8

- o **Focus:** Preparing for high school competition
- o **Basket Height:** 10 feet
- o **Ball Size:**
 - Boys: Size 7
 - Girls: Size 6
- o **Defense:** Man-to-man and zone allowed
- o **In the paint offensive rule:** 3 seconds
- o **Pressing:** Allowed the entire game, unless Sportsmanship Rule is active
- o **Timeouts:** Two 30-second timeouts per half
- o **Free Throws:** Updated NFHS rule applies
- o **Overtime:** See overtime section

Free Throw Provisions (3-8 Divisions)

- Players in designated lane spaces must remain until:
 - o The ball hits the rim or backboard
 - o The free throw attempt ends
- **Lane Space Configuration:**
 - o 6 players total (4 defense, 2 offense)

Overtime (Divisions 5/6 and 7/8 Only)

- In the event of a tie:
 - o A 2-minute overtime period will be played (running clock)
 - o Team & personal fouls carry over

- o Each team receives 1 timeout in OT
- o If still tied → game ends in a tie

- **Divisions 3/4:**

- o No overtime; ties stand

Player Equipment and Attire

- **Required:** Athletic shoes
- **Prohibited:** Jewelry, watches, hats , headbands, wristbands
- **Additional:** Nails must be trimmed; hair must be tied and secured

Code of Conduct

1. **Respect:**

- o Zero tolerance for fighting, profanity, or unsportsmanlike conduct
- o Violations result in an automatic technical foul and potential ejection

2. **Sideline Conduct:**

- o Max two Coaches and players must remain in their designated area
- o Only one coach may stand in the coaching box
- o Bench is limited to cleared coaches and rostered players only

3. **Spectator Conduct:**

- o Unsafe or unruly spectators may be ejected at supervisor discretion
- o Participants may only be on court during warm-ups and halftime
- o No spectators or non-participants allowed on the court between games or at halftime

Safety and Injury Protocols

- Play stops for injuries
- Athletes may return only with coach clearance
- Suspected head injuries require medical clearance before returning to practice or games

Referee Authority

- Referees have full authority to:
 - o Enforce all league rules
 - o Maintain game safety
 - o Issue warnings, technical fouls, or ejections as needed