

1<sup>st</sup> – 2<sup>nd</sup> grade  
LEAGUE RULES

1. Home team will pass the ball in to start the game.
2. Every player will play a minimum of two quarters. No player may play an entire game unless there are only 5 or 6 players present. The team line-up must be turned in to the score table official before the beginning of the game. Free substitution will be allowed throughout the entire game.
3. Coaches are expected not only to balance playing time but also to involve all players in the offense; every player should get a chance to dribble and shoot in every game. Your goal as a coach should be for every player to score a basket during the season and this should be your measure of success, not your win-loss record.
4. League standings will not be kept.
5. The referee is an extension of the coach and is instructing as well as encouraging the children. Coaches may discuss disagreements with the referee between quarters, at time outs, and at half time. If any player, coach, or parent insists on arguing with the referees, a technical foul may be called. The only time a coach is permitted on the playing court is in case of an injury, or with the permission of the referee.
6. Rules: The league will not adhere to a rule book. Since most of the participants do not understand fouls or violations, the officials will use their best judgment during the game. Penalties/violations will only be enforced if a player is gaining an advantage. EX: traveling only three steps.
7. Defense: Teams will only play man-to-man during the game. Each player will receive a color wristband.
8. Press: No press. Defensive players may not defend the ball until the ball penetrates the three point line.
9. Free Throws: Free throws will be designated by officials. A shooter may touch the line, but not cross completely over the line with his/her foot, on free throw attempts.
10. Players: Teams may have a maximum of five players on the court. The coach will be on the sideline
11. The basketball rim height is 8.5 feet and the ball size - junior size.

1<sup>st</sup> – 2<sup>nd</sup> grade  
Game Rules

1. Games are composed of four 6-minute quarters. The clock will only not stop on shooting fouls.
2. Each team has 3 time outs each game.
3. If a game ends in a tie, there will be one 2 minute overtime session. The OT session will follow the same rules as the regulation game (clock/pressing rules). No timeouts will be allowed during the OT session.
4. To call a time out, a team must have possession of the ball, or have a dead ball situation. Coaches may the time out for the team.
5. The time allowed between quarters is one minute, for time outs one minute, and between halves 3 minutes
6. There will be no double-teaming (If the offense gains an advantage the referee may not call the double team violation).
7. Teams will not use a full court press or half court press at any time.
8. Backcourt violations will not be called.
9. The ten-second rule will not be in effect when bringing the ball up the court.
10. Lane violations will not be called.
11. If a player is fouled in the act of shooting they will be awarded 2 free throws.
12. A player arriving to the game late may lose a quarter of their playing time. (Decision will be left up to the coaching staff).
13. The game should end with both teams shaking hands.

3<sup>rd</sup> – 4<sup>th</sup> grade  
LEAGUE RULES

1. Each child must play 2 complete quarters. No child may play the entire game. The team line-up must be turned in to the score table official before the beginning of the game. Free substitution throughout the entire game.
2. Coaches are expected not only to balance playing time but also to involve all players in the offense; every player should get a chance to dribble and shoot in every game. Your goal as a coach should be for every player to score a basket during the season and this should be your measure of success, not your win-loss record.
3. The Score will be kept. Coaches and Officials will sign the end-game score sheet.
4. League standings will be kept.
5. The referee is an extension of the coach and is instructing as well as encouraging the children. Coaches may discuss disagreements with the referee between quarters, at time outs, and at half time. If any player, coach, or parent insists on arguing with the referees, a technical foul may be called. The only time a coach is permitted on the playing court is in case of an injury, or with the permission of the referee. Coaches must remain on their half of the side-line.
6. The goal height is 10 feet and the ball size is women's size basketball.

3<sup>rd</sup> – 4<sup>th</sup> grade  
Game Rules

1. A jump ball will be used to start the game.
2. Games are composed of four 7-minute quarters (clock will stop in the two minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarter on dead balls and on shooting fouls when the shooter receives the ball from the referee).
3. Each team has 3 time outs each game. Time outs must be called on the floor. To call a time out, a team must have possession of the ball, or have a dead ball situation. Coaches may call the time out for the team.
4. The time allowed between quarters is one minute, for time outs one minute, and between halves 3 minutes.
5. Teams will not use a full court press at any time. Defense must remain behind the three point line except during the last two minutes of 2<sup>nd</sup> and 4<sup>th</sup> quarter defense can extend to a half court press.(After 3<sup>rd</sup> game)
6. Teams may choose any defense but must remain inside the 3 pt. arc. The defense may not reach outside the arc to attempt to steal the ball. The ball must be within the arc. Teams may also pursue a loose ball outside the arc that is the result of a rebound or a defensive play on the ball. If a team rebounds and attempts to fast break, then the defense may pick up the dribble or interrupt a backcourt pass. If a team rebounds and does not attempt to fast break the defense must drop back to half-court. A fast break will be left up to the judgment of the official.
7. Backcourt violations will be called.
8. The ten-second rule will be in effect when bringing the ball up the court. 5 second Lane violations will be called at the discretion of the official.
9. Each player will be allowed 5 personal fouls per game. On the 7th team foul in each half a 1 and 1 bonus free throw will be in effect. On the tenth foul the team will shoot the double bonus. If a player is fouled in the act of shooting they will be awarded 2 free throws. Free throws will be taken 2ft. inside the free-throw line. If the child steps on or over the line before the ball touches the rim a violation will be called.
10. If a game ends in a tie, there will be one 2 minute overtime session. The OT session will follow the same rules as the regulation game (clock/pressing rules). No timeouts will be allowed during the OT session. The game should end with both teams shaking hands.
11. All field goals will be counted as 2 points, and 3points.
12. A player receiving a technical, intentional, or flagrant foul must leave the game for the remainder of the quarter. The quarter they are disqualified from will count as one of their quarters of playing time.
13. A player arriving to the game late may lose a quarter of their playing time. (Decision will be left up to the coaching staff).
14. Calls such as travelling, double dribbling, and carrying the ball will be enforced more strictly as the season progresses.

## 5<sup>th</sup> – 6<sup>th</sup> grade

### League RULES

1. Free substitution will be allowed throughout the entire game. Each player must play at least half of the game.
2. Coaches are expected not only to balance playing time but also to involve all players in the offense; every player should get a chance to dribble and shoot in every game. Your goal as a coach should be for every player to score a basket during the season and this should be your measure of success, not your win-loss record.
3. The Score will be kept. Coaches and Officials will sign the end-game score sheet.
4. League standings will be kept.
5. The referee is an extension of the coach and is instructing as well as encouraging the children. Coaches may discuss disagreements with the referee between quarters, at time outs, and at half time. If any player, coach, or parent insists on arguing with the referees, a technical foul may be called. The only time a coach is permitted on the playing court is in case of an injury, or with the permission of the referee.
6. The goal height is 10 feet and the ball size is an Official Size basketball.

## 5<sup>th</sup> – 6<sup>th</sup> grade

### Game Rules

1. A jump ball will be used to start the game. In case of tie-ups during the game, teams will alternate possession.
2. Games are composed of four 8-minute quarters (clock will stop in the two minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarter on dead balls and on shooting fouls when the shooter receives the ball from the referee).
3. Each team has 3 time outs each game. Time outs must be called on the floor. To call a time out, a team must have possession of the ball, or have a dead ball situation. Coaches may call the time out for the team.
4. The time allowed between quarters is one minute, for time outs one minute, and between halves 3 minutes.
5. Teams may choose any defense. Defenses will pick-up at half court except during the last two minutes of 2<sup>nd</sup> and 4<sup>th</sup> quarter defense can extend to full court press (After the 3<sup>rd</sup> game). If a team rebounds and attempts to fast break, then the defense may pick up the dribble or interrupt a backcourt pass. If a team rebounds and does not attempt to fast break the defense must drop back to half-court. A fast break will be left up to the judgment of the official.
6. Backcourt violations will be called.
7. The ten-second rule will be in effect when bringing the ball up the court.
8. 3-second Lane violations will be called.
9. Each player will be allowed 5 personal fouls per game.
10. On the 7<sup>th</sup> team foul in each half a 1 and 1 bonus free throw will be in effect. On the tenth team foul the team will shoot the double bonus. If a player is fouled in the act of shooting they will be awarded 2 free throws. The shooter will shoot from the free throw line but will be allowed to cross the line on the shot. Rebounders in the lane will start from the top of the lower block with a max of 6 players in the lane.
11. Any made basket from behind the three-point arc will be counted as three points.
12. Teams may press (full court) in the last two minutes of 2<sup>nd</sup> and 4<sup>th</sup> quarters unless either is ahead by 15 points or more. Neither team can press when the difference between the two scores is 15 points or more.
13. If a game ends in a tie, there will be one 2 minute overtime session. The OT session will follow the same rules as the regulation game (clock/pressing rules). No timeouts will be allowed during the OT session. The game should end with both teams shaking hands.
14. A player receiving a technical, intentional, or flagrant foul must leave the game for the remainder of the quarter. The quarter they are disqualified from will count as one of their quarters of playing time.
15. A player arriving to the game late may lose a quarter of their playing time. (Decision will be left up to the coaching staff).

7<sup>th</sup> – 8<sup>th</sup> grade

### League RULES

1. Free substitution will be allowed throughout the entire game. Each player must play at least half of the game.
2. Coaches are expected not only to balance playing time but also to involve all players in the offense; every player should get a chance to dribble and shoot in every game. Your goal as a coach should be for every player to score a basket during the season and this should be your measure of success, not your win-loss record.
3. The Score will be kept. Coaches and Officials will sign the end-game score sheet.
4. League standings will be kept.
5. The referee is an extension of the coach and is instructing as well as encouraging the children. Coaches may discuss disagreements with the referee between quarters, at time outs, and at half time. If any player, coach, or parent insists on arguing with the referees, a technical foul may be called. The only time a coach is permitted on the playing court is in case of an injury, or with the permission of the referee.
6. The goal height is 10 feet and the ball size is an Official Size basketball.

7<sup>th</sup> – 8<sup>th</sup> grade

Game Rules

7. A jump ball will be used to start the game. In case of tie-ups during the game, teams will alternate possession.
8. Games are composed of four 8-minute quarters (clock will stop in the two minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarter on dead balls and on shooting fouls when the shooter receives the ball from the referee).
9. Each team has 3 time outs each game. Time outs must be called on the floor. To call a time out, a team must have possession of the ball, or have a dead ball situation. Coaches may call the time out for the team.
10. The time allowed between quarters is one minute, for time outs one minute, and between halves 3 minutes.
11. Teams may choose any defense. Defenses will pick-up at half court except during the last two minutes of 2<sup>nd</sup> and 4<sup>th</sup> quarter defense can extend to full court press (After the 3<sup>rd</sup> game). If a team rebounds and attempts to fast break, then the defense may pick up the dribble or interrupt a backcourt pass. If a team rebounds and does not attempt to fast break the defense must drop back to half-court. A fast break will be left up to the judgment of the official.
12. Backcourt violations will be called.
13. The ten-second rule will be in effect when bringing the ball up the court.
14. 3-second Lane violations will be called.
15. Each player will be allowed 5 personal fouls per game.
16. On the 7<sup>th</sup> team foul in each half a 1 and 1 bonus free throw will be in effect. On the tenth team foul the team will shoot the double bonus. If a player is fouled in the act of shooting they will be awarded 2 free throws. The shooter will shoot from the free throw line but will be allowed to cross the line on the shot. Rebounders in the lane will start from the top of the lower block with a max of 6 players in the lane.
17. Any made basket from behind the three-point arc will be counted as three points.
18. Teams may press (full court) in the last two minutes of 2<sup>nd</sup> and 4<sup>th</sup> quarters unless either is ahead by 15 points or more. Neither team can press when the difference between the two scores is 15 points or more.
19. If a game ends in a tie, there will be one 2 minute overtime session. The OT session will follow the same rules as the regulation game (clock/pressing rules). No timeouts will be allowed during the OT session. The game should end with both teams shaking hands.
20. A player receiving a technical, intentional, or flagrant foul must leave the game for the remainder of the quarter. The quarter they are disqualified from will count as one of their quarters of playing time.
21. A player arriving to the game late may lose a quarter of their playing time. (Decision will be left up to the coaching staff).