

Youth Basketball Rules

Baldwin - De Soto – Eudora - Wellsville

Modified National Federation of State High School Associations (NFHS) Basketball rules.

SPORTSMANSHIP RULE:

Zero-Tolerance for profanity, heckling, abusive language, or gestures of harm by officials, coaches, players or spectators. In any case, the game will be stopped and the person(s) involved will be asked to leave the premises before the game will continue.

TIME:

20 Minute halves with running clock. Clock will only stop for timeouts and injuries. The last 2 minutes of the 2nd half the clock will stop if the score is within 10 points (during regulation NFHS play). There will be five minutes for half time.

OVERTIME:

NO overtime, game will conclude at the end of regulation, regardless of the score.

TIMEOUTS:

Each team will receive two timeouts per half and will not be allowed to carry them over to the next half. Each time out will be one minute in length.

START PLAY:

The game will begin with a jump ball and will use an alternate possession for control of the ball at the start of the 2nd half.

SUBSTITUTIONS:

Substitutions must check in at the score table and wait for an official to motion them into the game. Players should hustle on and off the court.

DEFENSE:

3rd & 4th Grade – MUST play Man-to-Man defense and can not play defense until offensive team has crossed half court. You are not allowed to trap or double team at anytime while playing Man-to-Man defense. No full court press at any point during the game.

5th & 6th Grade – Participants are allowed to play either Man-to-Man or Zone defense and can not play defense until offensive team has crossed half court. No full court press at any point during the game.

FOULS:

5 fouls per player, after the 5th foul the player will be asked to sit and watch the game from the team bench.

TECHNICAL FOUL:

Counts towards team/personal fouls and the individual will sit the rest of the game. The opposing team will receive 2 foul shots and the ball out. Technical fouls will carry throughout the season:

1st technical foul = Ejection from game

2nd technical foul = Ejection from game and 1 game suspension

3rd technical foul = Ejection from game and rest of the season.

COACHES TECHNICAL FOUL:

Technical foul by coach will give the opposing team 2 foul shots and the ball out. Technical fouls will carry throughout the season.

1st technical foul = Ejection from game and MUST leave premises.

2nd technical foul = Ejection from game, MUST leave the premises and dismissal from coaching duties for the remainder of the season.

PRE-GAME WARM-UP:

Ten minute warm-up period before each game and the warm-up clock will start at the conclusion of the previous game.

BALL SIZE & BASKET HEIGHT:

3rd & 4th Grade division will play on 9' goals and a 28.5" basketball.

5th & 6th Grade division will play on 10' goals and a 28.5" basketball.

FOCUS:

Be sure each player gets equal playing time. This is a recreational league and the emphasis should be on participation, fundamentals and fun.