



## **Youth Basketball Rules**

The purpose of our league is to allow players the opportunity to participate in game situations while learning the rules and fundamentals of basketball. The players cannot learn if they are not granted time on the court; therefore, please find below the rules accordingly. The youth basketball league will follow Missouri High School Activities rules and guidelines. Listed below are rules that are specific for the youth basketball league.

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### **General League Rules**

1. All players must play at least half of the game. No player shall play the entire game. Equal play for all players is encouraged.
2. Each team will get two timeouts per game. (one minute in length)
3. Half times are 5 minutes with 10 minutes between games.
4. Games will start on-time and players are expected to be on the floor when the referee blows the whistle. Coaches are strongly encouraged to have their team at the gym at least 15 minutes before the posted game start time.
5. During the weekly practice times and Saturday games: players, parents and other fans should remain in the gym areas and stay out of other parts of the school buildings.
6. Coaches are to report their roster to the scorekeeper before the game starts. Any absent players should be noted.
7. Referees have the authority to eject any coach, player or spectator that displays unruly and/or inappropriate conduct.
8. Coaches are responsible for the actions of their assistants, players and fans.
9. Should adverse weather arise or be anticipated that would make it inadvisable to practice or play, the head coach will be contacted by the Parks & Recreation Department via phone call, email, or text and Statusfy app will be updated. It will be the coach's responsibility to contact the players on their team. Every effort will be made to make the decision in a timely manner. If Jackson schools are closed, there will be no practice for that particular night. Coaches should contact the league supervisor to determine if there are open dates available for reschedule. If Jackson schools are closed on Friday prior to games on Saturday, the league coordinator will work with the school administration to determine availability.
10. Teams may start with four players.



## Division Rules

### 1<sup>st</sup>/2<sup>nd</sup> Grade:

1. All games will have **two sixteen-minute halves** with the clock running continuously, except for the last minute of the game. Overtime will be two minutes, with clock stopping the final minute. Maximum of two overtimes.
2. **There is no full court pressing.** When the defense rebounds the ball, the other team must drop back past half court. Free throws will be shot on shooting fouls only.
3. Goal height: 8 feet
4. Free Throws: shot at 9 feet
5. Ball Size: 27.5"
6. There will be six weeks of play. Participation medals will be given out at the end of the season. There is no tournament for this division.

### 3<sup>rd</sup>/4<sup>th</sup> Grade:

1. All games will have **two eighteen-minute halves** with the clock running continuously, except for the last minute of the game. Will only stop for injury or timeout.
2. Overtime will be two minutes, with the clock stopping the final minute. Maximum of two overtimes during the regular season. This rule does not apply during the tournament.
3. **First half, defense must stay behind the top of the key extended. During the second half, teams may pick-up full court. However, once a team has established a ten-point lead, the press must end and the leading team must drop back behind the mid-court line.**
4. Goal height: 9 feet
5. Free Throws: shot at 12 feet
6. Teams may play man-to-man or zone defense.
7. Ball Size: 28.5"
8. Free throws will be shot on shooting fouls and when entering the bonus. One and ones are shot when seven team fouls are accumulated and two shots are awarded with ten team fouls per half.
9. Substitutions are made at a stoppage in play and players must report to the score keepers table.
10. Trophies for 1<sup>st</sup> and 2<sup>nd</sup> place teams based on regular season record.



### **5<sup>th</sup>/6<sup>th</sup> Grade:**

1. All games will have **two eighteen-minute halves** with the clock running continuously, except for the last minute of the game. Will only stop for injury or timeout.
2. Overtime will be two minutes, with the clock stopping the final minute. Maximum of two overtimes during the regular season. This rule does not apply during the tournament.
3. **First half: defense must stay behind half court. During the second half, teams may pick-up full court. However, once a team has established a ten-point lead, the press must end and the leading team must drop back behind the mid-court line.**
4. Goal height: 10 feet
5. Free Throws: shot at 12 feet
6. Teams may play man-to-man or zone defense.
7. Ball Size: 28.5"
8. Free throws will be shot on shooting fouls and when entering the bonus. One and ones are shot when seven team fouls are accumulated and two shots are awarded with ten team fouls per half.
9. Substitutions are made at a stoppage in play and players must report to the score keepers table.
10. Trophies for 1<sup>st</sup> and 2<sup>nd</sup> place teams based on regular season record.

### **7<sup>th</sup>/8<sup>th</sup> Grade:**

1. All games will have **two twenty-minute halves** with the clock running continuously, except for the last minute of the game. If a team has a 20-point lead, there will be a continuous clock in the last 4 minutes.
2. Overtime will be two minutes, with the clock stopping the final minute. Maximum of two overtimes during the regular season. This rule does not apply during the tournament.
3. **Teams are allowed to defend the entire court. However, once a team has established a ten-point lead, the press must end and the leading team must drop back behind the mid-court line.**
4. Goal height: 10 feet
5. Teams may play man-to-man or zone defense
6. Ball size: 28.5"
7. Free-throws will be shot on shooting fouls and when entering the bonus. One and ones are shot when seven team fouls are accumulated and two shots are awarded with ten team fouls per half.
8. Substitutions are made at a stoppage in play and players must report to the score keepers table.
9. Trophies for 1<sup>st</sup> and 2<sup>nd</sup> place teams based on regular season record.