

YOUTH BASKETBALL GUIDELINES 25-26

PHILOSOPHY

1. Allow **all** team members the opportunity to fair participation regardless of individual ability or the particular circumstances of the game.
2. Develop in each participant a teamwork feeling based on working together toward a common goal, while emphasizing fair play and sportsmanship.
3. Provide a solid recreational experience which places an emphasis on participation and instruction.
4. While making an effort to win is a common goal for each team, **winning should not be a prominent priority.**
5. Please remember that this is for the children and we expect that all coaches and parents will conduct themselves in an appropriate manner throughout the season.
6. **HAVE FUN!!**

RULES

1. **Safety first.**
2. A game will consist of four six minute quarters with a one minute break between quarters and five minutes for half-time. The clock will be regular time, not running time.
3. If the game should be tied at the end of regulation, there will be a one minute break followed by an overtime period. There will be a maximum of two overtime periods two minutes in length with one minute in-between overtimes. If there is not a winner after the first two overtime periods the game shall remain as a tie.
4. Each team will have four 1 minute time outs during regulation and one additional time out per overtime period.
5. Only a man-to-man defense will be allowed. **(No zones of any kind.)** A team warning may be given or a technical foul will be assessed. No double teaming but help defense is allowed.
6. Full court pressure of any kind **will not** be allowed except in the last 2 minutes of the 4th quarter for 5th/6th grade. Either team may press until the leading team gains a 10-point lead, and then they (the leading team) can not press unless they come below the 10-point lead. **(Please see specifications for each grade).**
7. Officials will do their best to officiate all the games in an age appropriate manner. Therefore, some of the basic rules of the game will be judged accordingly to compensate for the age and ability level of all the participants.
8. **Abusive language and/or actions towards an opponent or an official by coaches, players or spectators will not be tolerated period.**
9. Where appropriate due to the size of the gym, use the back court foul line as a back court line instead of half court. (Coaches determine this with each other and the officials before the game starts.)
10. Mouth guards are strongly recommended.
11. 5th/6th grade games will use a size 28.5 ball (women's or intermediate ball); 3rd/4th grade games will be played with a size ball 27.25 ball (junior ball)
12. With the exception of the aforementioned rules, the rules that govern the play of a high

school game shall apply. (National High School Federation Rules)

13. These rules must be posted at the scorer's table for each game.

14. The home team should supply warm-up balls for the visiting team.

5th/6th Grade Level

- a Man-to-man full court pressure is allowed **only in the last 2 minutes of the 4th quarter** of the game if there is under a 10-point difference in the score. The team behind in the 4th quarter may pressure regardless of how many points the other team is leading by. The team in the lead may press until they gain a 10-point, or more, lead. At all other times the defense must drop back beyond half court (back court line) and allow the ball to be brought into the front court without pressure.
- b Back court violations are to be called when applicable.
- c The 3 point line will be in effect when applicable.
- d Foul shots are from the 15 ft line with violations being called.
- e 3-second lane violations should be called when a player remains in the lane without making an attempt to avoid this violation.

3rd/4th Grade Level

- a No full court press. Defenders must wait till the ball passes the 3 point line. Once the ball passes the 3 point arc defense resumes as normal. In the last minute of the game defense can pick up at half court unless they are up by 10 points or more.
- b Will use regulation hoops and a size 27.25 – 27.75 ball (junior)
- c Back court violations are not to be called once the ball has been brought into the front court. (10-second violation is still in effect)
- d The 3-point line is not in effect.
- e Foul shots are from 11ft with line violations not being called as long as a player starts from a set position behind the foul line.
- f 3-second lane violations should be called when the player remains in the lane without making an attempt to avoid this violation. (Discretion should be used, as this will be the 1st experience these players have with this rule)

Adopted on 10/28/25 by:

Rutland Town, West Rutland, Rutland City, Brandon, Pittsford, Killington, Proctor, Fair Haven,
CKS , Mill River, Manchester, Barstow, Orwell and Castleton