

**Hopkins-Minnetonka Recreation Services**  
**Youth Basketball League Rules**  
Updated 2019-20 Season

Program Objectives:

- To develop skills of the game.
- To learn teamwork.
- To practice good sportsmanship.
- To have fun.

Participation Policy: When possible, children **must** participate in at least one-half of the game unless they have been a discipline problem or team size does not allow. In this case, the child must participate in at least one-quarter of the game.

Substitutions: To aid coaches in meeting the participation policy, the game officials will stop play halfway through each quarter in order for substitutions to be made. Coaches are asked to substitute at this point or in the event of an injury. Officials will stop play approximately every 5 minutes for 2<sup>nd</sup> grade games that are only 25 minutes in length total.

League Guidelines:

	Grade 2 Boys/Girls	Grade 3 Boys & 3/4 Girls	Grade 4 Boys	Grade 5/6 Boys & Girls
Players Per Side	4	5	5	5
Minimum # of players	3	4	4	4
Basket Height	8.5 feet	9 feet	10 feet	10 feet
Game Day Schedule	15 minutes skills(MDB) 20 minute practice 25 minute game	15 minute skills(MDB) 4 – 8 min. quarters	15 minute skills(MDB) 4 – 8 min. quarters	4 – 8 min. quarters
Ball Size	Junior 27.5	Junior 27.5	Junior 27.5	Intermediate 28.5
Foul Line Distance	8 feet	12 feet	15 feet	15 feet
Coach on Court	Yes	No	No	No
Score is kept	No	Yes	Yes	Yes
Clock	Running	Running except for subs, shooting fouls, timeouts, injuries & last 2 minutes of game if pt. spread is 10 pts or less	Running except for subs, shooting fouls, timeouts, injuries & last 2 minutes of game if pt. spread is 10 pts or less	Running except for subs, shooting fouls, timeouts, injuries & last 2 minutes of game if pt. spread is 10 pts or less
Game Breaks	None	1 min. between quarters 3 min. halftime	1 min. between quarters 3 min. halftime	1 min. between quarters 3 min. halftime
Number of Timeouts	1 per game	2 per half	2 per half	2 per half
Overtime	No	No	No	Yes - 2 min. stop time followed by sudden death
Substitutions	Every 5 minutes	Halfway through quarters	Halfway through quarters	Halfway through quarters
Over and Back called	No	Yes starting 4 <sup>th</sup> week	Yes	Yes
5 Second Lane Violation Enforced	No	Yes	Yes	Yes
Zone Defense	No	No	No	Yes
Full Court Press	No	No	No	Final 2 minutes of the game only. Cannot press if leading by 15 or more points.
3 Pointers Allowed	No	Not encouraged but will allow if ball can consistently make it to the basket	Yes, as long as the ball is at least making it to the basket consistently	Yes, as long as the ball is at least making it to the basket consistently

## I. Offensive Rules

- a. A jump ball starts the game followed by alternating possession.
- b. Players may fast break, however any defensive player may then guard that player and can steal the ball.
- c. A player fouled in the act of shooting will shoot free throws. For all other fouls, the team in possession will remain in possession and will throw the ball in from the sideline or end line.
- d. Bonus is shot starting on the seventh team foul of each half. On the tenth foul, the offended team will be awarded two free throws for the remainder of the half.
- e. For 2<sup>nd</sup> grade only: Double dribble and traveling violations will not result in a turnover. The referee will stop play and educate the child on the infraction. The team will still remain in possession of the ball. Repeated infractions may result in a turnover (referee's discretion).

## II. Defensive Rules

- a. Grades 2 – 4 play man-to-man defense only. The defense may double-team in the lane if the offensive player has the ball. Teams playing an illegal defense will be warned (i.e. zone defense). On the third violation, and all subsequent violations, a technical foul will be called. 5/6 grade teams are allowed to play man-to-man or zone defense.
- b. After a team secures a defensive rebound, the opposing team must drop back to their side of the court unless the rebounding team is attempting a fast break.
- c. Grades 2 – 4: The defense may not pick up the offense until they have crossed the line that is halfway between the top of the key and half court. Once the ball penetrates this line, the defense may guard the offense anywhere on this half of the court. The offense has 10 seconds to cross half-court or it is a turnover. Once the offense has crossed half court, they have 5 seconds to establish their offense and penetrate the line between the top of the key and half court.
- d. Grades 5-6: The defense may pick up the offense at half court. The offense has 10 seconds to cross half-court.
- e. In the event of a technical foul, the offended team will be awarded two points and the ball.
- f. Players foul out when they commit their fifth foul. If a team only has 5 or fewer players, a player may not foul out of the game. In this case, the offended team on the sixth personal foul will be awarded two free throws and the ball.

## III. Equipment

- a. The referee shall not permit a player to wear or use any equipment or clothing which, in the opinion of the referee, would likely risk injury to the other players. **No jewelry.** Players are required to wear the Recreation Services red and white jersey.

## IV. Referees

- a. The referee's role is to facilitate learning, anticipate problems for safety, and enforce the laws of the game. In the younger age groups, the referee will help to correct technique on the spot.
- b. The referees shall have full charge of the game, whether the ball is in play or out of play. They shall administer the rules so as to ensure safe, fluid play and with a view towards fostering the spirit of the game.

## V. Injuries

- a. Scorekeepers will stop the clock for injuries. If a player is bleeding, they must be removed from the game until the bleeding is controlled and dressed. No player may participate with blood on his/her uniform.

## VI. Conduct/Discipline Policy

- a. Sportsmanship must be shown at all times. Any display of unsportsmanlike conduct that is detrimental to the game of league objectives will not be tolerated and may result in ejection or forfeit of the game ultimately resulting in suspension which cannot be appealed. One warning may be given only as officials deem fit. Coaches will be held responsible for the conduct of his or her players and spectators.
- b. Unsportsmanlike conduct shall include, but not be limited to:
  - Disrespectfully address an official (i.e. continually harass or pester the official)
  - Attempt to influence an official's decision
  - Using profane or inappropriate language or obscene gestures.
  - Objecting to an official's decision by rising from the bench or using gestures.
  - Disrespectfully address, baiting or taunting an opponent.
  - Threats of any kind toward the referees, scorekeeper or opposing team
  - Being charged with physical violence (before, during or after the game)
  - Any flagrant foul as determined by the official

- c. Players, coaches and spectators who have been ejected must leave the facilities and grounds immediately or the team will forfeit the game.
- d. Protests are not allowed.
- e. League Manager and officials reserve the right to add, delete or amend the rules/regulations/policies for the betterment of the program.

**VII. TECHNICAL FOULS:** A Technical Foul is a non-contact foul by a player; an intentional flagrant contact foul while the ball is dead; or a violation charged to the head coach or parent/spectator because of violations on the sideline or from bench personnel.

**Players:** Two Technical Fouls on a player during a game results in ejection for the remainder of the game. Any player who receives two Technical Fouls during one game and is ejected will also be subject to possible further suspension during the season as decided by League Manager.

**Coaches:** One Technical Foul on a coach during the season results in suspension for the remainder of the game PLUS 1 game. Two Technical Fouls on a coach in one season results in expulsion/removal from the league. A maximum of three (3) coaches per team are permitted to sit on a team bench during a game.

**Parents:** One Technical Foul on a parent results in removal from the game. Two Technical Fouls on a parent results in expulsion from the games for the remainder of the season.