



**CITY OF LA PORTE**  
**PARKS AND RECREATION**



## 2026 YOUTH BASKETBALL RULES

Teams will be divided by GRADE. Players may request to play up in an older division but can never play down. All divisions are coed.

### DIVISIONS:

Kindergarten – 6 teams  
1<sup>st</sup> Grade – 6 teams  
2<sup>nd</sup> Grade – 6 teams  
3<sup>rd</sup> Grade – 6 teams  
4<sup>th</sup> Grade – 6 teams  
5<sup>th</sup> Grade – 6 teams  
6<sup>th</sup> Grade – 6 teams  
7<sup>th</sup> - 8<sup>th</sup> Grade – 7 teams

### TEAM:

Each team should consist of 8 – 10 players. Each player present is required to play two full quarters of each game during the regular season. See **PLAYING TIME** rule.

### UNIFORMS:

All players are required to wear the provided official league jersey during all games. The color or style of a player's shorts does not matter. ***Home Team wears lighter side of jersey (White); Away Team wears darker side of jersey (Green).***

### BALL SIZE:

Kindergarten & 1st Grade will use a Youth Size 27.5 Basketball (Size 5).  
2nd – 6th Grade will use an Intermediate Size 28.5 Basketball (Size 6).  
7th – 8th Grade will use a Regulation Size 29.5 Basketball (Size 7).

### BASKET HEIGHT:

K – 2nd Grade: 8 feet  
3rd Grade and Up: 10 feet (Note: This is new for 3rd Grade!)

### FREE THROWS:

K – 1st Grade: 13'6" line  
2nd Grade and Up: Regular 15' line  
6th Grade and Under may jump across the free throw line while shooting.

**GAME LENGTH:**

All games will have a running clock with the exception of the last 2 minutes of the 4th quarter and any overtime period. During the last 2 minutes of the game, the clock will stop on every whistle by the officials. In addition:

- K – 2nd Grade will play 6-minute quarters.
- 3rd Grade and Up will play 8-minute quarters.
- During running clock time, the clock stops only for timeouts and free throws.
- Each team is allowed 2 one-minute timeouts per half. Timeouts do not carry over. In case of overtime, each team is allowed 1 one-minute timeout.
- The game officials may use their own discretion to stop the game clock at other times such as for injuries, discussion, or to communicate to the players, coaches or scoring table.
- If the game is tied at the end of regulation play, K – 2<sup>nd</sup> grade may play ONE 3-minute overtime period. 3rd Grade and Up may play ONE 4-minute overtime period. Clock stops on all whistles during the last 2 minutes. If the game remains tied after the overtime period, the game is over and will be recorded as a tie during the regular season.

**SPREAD RULE:**

If a team is ahead by 15 or more points during the last two minutes of the second half, the clock will remain a running clock, except for timeouts and free throws.

**DEFENSE:**

6th – 8th Grade may full court press at any time unless ahead by 10 points or more. 4th & 5th Grade may full court press during the last two minutes of each half and any overtime periods unless ahead by 10 points or more. Front-court man-to-man or zone defense is allowed at all times, as well as front-court traps. Whenever backcourt pressing is not allowed, all defenders must get back behind the midcourt line before defending any player or stealing the ball.

K – 3rd Grade may never full court press and must play man-to-man defense at all times unless the ball is in the lane/paint. No double teaming or trapping the ball handler unless he/she has the ball inside the lane area (includes the lane lines). Before each quarter begins, the coaches & officials should match up players to guard each other using jersey numbers or colored wristbands (if provided for K & 1st Grade).

In all divisions, if an illegal double team, trap, steal, or backcourt defense occurs, the officials should blow the whistle for the violation, allow the defense to reset, and then have the offensive team inbound the ball nearest to the spot where the defensive violation occurred. In some cases, officials may simply allow the offense / ball handler to resume play from the point of interruption without an actual throw-in, in order to prevent further delays in game play.

**LANE VIOLATIONS:**  
**(3 seconds in the lane)**

K – 2nd Grade = NONE CALLED  
3rd – 6th Grade = 5 SECONDS in the Lane called (instead of 3 seconds)  
7th – 8th Grade = 3 SECONDS in the Lane called.

**OTHER VIOLATIONS:**

For Kindergarten and 1st Grade, players that take more than 5 full steps without dribbling the ball will be called for traveling. Double dribble will NOT be called.

For 2nd Grade, players that take more than 3 full steps without dribbling the ball will be called for traveling. Double dribbling by the ball handler multiple times should also be called and corrected.

For 3rd Grade and Up, traveling and double dribble will be called more strictly, although referees may be more lenient during the first few weeks of the season.

**FOULS:**

In 3rd Grade and Up, an official scorebook will be kept. Five (5) personal fouls during the game and the offending player is permanently removed (fouls out) from the game. If a flagrant foul is called on a player, that player will be permanently removed (ejected) from the game. A player or coach receiving 2 technical fouls is also permanently removed (ejected) from the game. All technical, intentional or flagrant fouls result in 2 free throws plus possession of the ball for the opposing team.

**BONUS: 5 team fouls per quarter = automatic 2-shot bonus free throws**

In K – 2nd Grade, an official scorebook will be kept to keep track of playing time, personal fouls, and the game score. **Players in these divisions CAN foul out after 5 personal fouls.** Any intentional flagrant fouls will result in player ejection. These divisions will NOT shoot bonus free throws on common fouls. Free throws will only be awarded for shooting fouls.

To help the officials with creating a cleaner game, please talk to your players about playing defense without fouling and show them how!

**PLAYING TIME:**

Each player present is required to play 2 FULL QUARTERS of each game **without interruption** unless the player is injured, ejected, fouls out, or is physically unable to continue playing. Free substitution is NOT allowed during the first 3 quarters of the game. Free substitution is only allowed during the 4<sup>th</sup> quarter and overtime, as long as the 2-quarter playing time requirement for each player will be met by the end of the game. (This means that a team with exactly 10 players present cannot free substitute at all.) The bookkeeper will keep track of the quarters played by each player, and coaches will be held accountable. It does not matter which 2 quarters each player plays in full. **If a team has 7 or more players present, every player must sit out at least one FULL quarter of the game. During playoff games, the playing time requirement for each player changes to one full quarter instead of two.**

**COURT CONTROL:**

Coaches are not allowed on the court during play in ANY division unless an official beckons the coach onto the court to help with a player injury, lining players up for free throws, or during a timeout.

Only ONE coach is allowed to stand up during games and act as the Head Coach of the team. Any assistants must remain seated throughout the entire game except during timeouts.

Only players and coaches may stand or sit on the bench / score table side of the gym. Everyone else must stand or sit on the opposite side of the gym. **Nobody should be near the baselines of the court unless chairs have already been placed there.**

Players waiting for the next game MAY NOT bounce balls in the gym or go onto the court AT ANY TIME during the course of another game, including during halftime, quarter breaks, and timeouts.

**LOCATIONS:** Your practices and games will be held at 1 of 3 gyms:

- (1) La Porte Recreation & Fitness Center (RFC GYM) @ 1322 S Broadway
- (2) Special Programs Center (SPORT GYM) @ 1302 S Broadway
- (3) La Porte Junior High School (LPJH GYM) @ 401 S Broadway

For Saturday games, teams will play in the following gyms:

Kindergarten – 2nd Grade: SPORT GYM

3rd – 5th Grade: RFC GYM + LPJH GYM for 5th Grade Only (one game per Saturday)

6th – 8th Grade: LPJH GYM

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**the FUN starts HERE** 

