

2026 YOUTH BASKETBALL MIDDLE SCHOOL LEAGUE RULES

COMBINED DIVISION – ISSAQUAH, COVINGTON, RENTON

Provided by Issaquah Parks & Recreation

1. Officials and Gym Supervisors have complete authority over the game. Any coach, player, parent or spectator using foul or abusive language, or otherwise exhibiting poor sportsmanship will be automatically ejected from the playing area. Only one coach is permitted to stand during a game and must stay inside coaching box.
 2. Issaquah Parks & Community Services reserves the right to dismiss any coach who does not adhere to the rules and philosophy of the program as set by the Issaquah Parks & Community Services.
 3. Issaquah Parks & Community Services reserves the right to make any and all scheduling decisions throughout the season. This includes, but not limited to, rescheduling games or adjusting team divisions. To maintain competitive balance, the league may re-division teams during the regular season or playoffs based on factors such as team performance, standings, or other relevant considerations. Issaquah Parks and Community Services decisions are final.
 4. All technical fouls are an automatic 2 points and possession of the ball. Any coach receiving a technical foul must remain seated for the duration of the game. Any coach violating these rules will be dismissed from the gym. Any coach receiving two (2) or more technical fouls during the season may be dismissed from coaching. The Gym Supervisor holds total discretion.
 5. A regulation size ball will be used for the boys 7th/8th grade league. Boys 6th and all girls leagues will use official women's size ball (B120 or 28.5).
 6. Each quarter is ten (10) minutes long with a running clock. Last minute of the game will be stopped clock.
 7. Each game will begin with a jump ball. During all other circumstances possession will alternate.
 8. Each player must play at least 20 minutes unless there are more than 10 players on a team. No player may play more than 20 minutes unless there are less than 10 players in attendance. Playing time for late arrivals will be half the remaining time in the game. Breakdown of playing time dependent on how many players are on the team:
 - **6 Players** 2 players play 30 minutes, 4 players play 35 minutes
 - **7 Players** 2 play 25 minutes, 5 play 30 minutes
 - **8 Players** 8 play 25 minutes
 - **9 Players** 4 play 25 minutes, 5 play 20 minutes
 - **10 Players** All play 20 minutes
 - **11 Players** 7 play 20 minutes, 4 play 15 minutes
 - **12 Players** 4 play 20 minutes, 8 play 15 minutes
- If the above participation rules are violated without prior agreement between the opposing coaches, referees, and scorekeepers, (due) to players illness, arriving late etc. the violating team may FORFEIT the game.
9. The clock will be stopped at the 5-minute mark for mandatory substitutions for all players. Substitution of players is not a time out. Please move players in and out of the game as quickly as possible to maximize playing time.
 10. Each team is allowed three (3) time outs per game and one (1) time out during overtime. Coaches or players may not request time out when the opposing team has control of the ball. If a coach calls time out, and does not have timeouts remaining, they will be charged with a "Technical Foul". (See above for Technical Foul ruling).
 11. Overtime periods shall consist of one (1), two (2) minute period with a stopped clock the last minute. Second overtime: The first team to score wins. Possession determined by jump ball.
 12. An offensive player may not be in the key for more than three (3) seconds in the boys and girls leagues.

13. Defense: All teams are required to play man-to-man defense. Zone defense and trapping is not allowed. Double teaming is not allowed **EXCEPT** when the offensive player with the ball is in the key.
 - ◆ Help defense outside the key area is permitted, but defender must recover to his or her “player” once the player who was beat recovers.
 - ◆ Illegal Defense: “Any defense that deviates from man to man defense, i.e. zone defense, trapping, or double teaming”. Continual violation of this rule will result in a called “team foul”.
 - ◆ A defensive player must remain within six (6) feet of the offensive player he or she is guarding when the offensive player is within twelve (12) feet from the basket.
14. Full court press will be allowed during the last two (2) minutes of the game when the difference in score is less than ten (10) points. Zone defense and trapping is still not allowed. If a team is ahead by ten (10) points or more, they cannot press.
15. Fast breaks are permissible, but defensive team may attempt to stop the break by picking up offensive team at mid-court (Official’s judgment).
16. Defense may pick up the offensive team at half court. Offensive team has ten (10) seconds to have the ball penetrate the mid-court line.
17. Continual isolation offense (one-on-one, two-on-two) will not be permitted.
18. Free throws are awarded to an offensive player fouled on the shot. The free throw shooter may not cross the foul line until the ball touches the rim. Players in a marked lane space may enter the key after the ball touches the rim.
19. “One and one” foul shots will be taken on the 7th-9th fouls except shooting fouls. Two free throws will be awarded after the 10th team foul.
20. A traveling violation will be called if a player falls to the floor while holding the ball, gets to his/her feet while holding the ball, or takes more than one step while holding the ball.
21. A violation will be called if a player *intentionally* kicks the ball.
22. Incidental Contact - The fact that contact occurs does not constitute a foul. Opponents in equally favorable positions run the risk of physical contact.
23. In the event that a player fouls out of a game in the 4th quarter, and all other players’ time is used up, or allotted to be used by the end of the 4th quarter, officials will call both coaches to score table to review eligible players that the opposing coach will determine to replace the fouled-out player.
24. In the event of an injured player unable to continue to play, and all other players’ times are used up, the rest of the playing time will be distributed amongst the remaining players.
25. If a player shows up late for a game, he or she must play half of the remaining time left in the game.
26. A team may play a game with only 4 players. If a team has fewer than 4 players before the start of the game, they will forfeit. Please note the opposing team has the option to play with 5 players, but also can choose to play 4 players. If the opposing team chooses to play with 4 players, the minimum playing time requirement for all players will be 15 minutes.
27. If a team is down to four (4) eligible players during the course of the game due to other players fouling out, the coach of that team may choose one of the following options:
 1. To play with those four players for the remainder of the game. Note – if the fourth player fouls out, option 2 is applied.
 2. Fill the 5th spot of the team with a player(s), of the opposing team’s choice that has already fouled out. The team will be assessed a team & technical foul (automatic 2 points to opposing team and the ball) when that player commits a foul; this is the penalty for continuing play with an in-eligible player. If the team is in the bonus penalty foul-wise, they will be awarded two (2) points for the technical, shoot the foul shot(s), and retain possession of the ball. Any foul committed by the replacement player thereafter will result in a team foul, and be considered a technical foul; automatic two (2) points, and possession of the ball will go to the other team.