



2024 Rules

National Federation of State High School Rules Applies Unless Modified Below:

1. Equipment

- a. 3rd grade-27.5" or 28.5" basketball
- b. 4th-6th grade-28.5" basketball
- c. 7th - 8th grade boys-29.5" basketball

2. Clock

- a. Games will consist of (2) 18 minute running halves with 2 minutes between each half
- b. Clock will stop on timeouts and the last 2 minutes of second half, if the game is 10 points or less

3. Time Outs

- a. Each team will have 2 timeouts per game

4. Overtime

- a. 1st Overtime-1 minute period
- b. 2nd Overtime-Next basket wins after 1st overtime is exhausted

5. Team Fouls and Player Fouls

- a. Bonus-7th team foul of the half; Double Bonus-10th team foul of the half
- b. All players, except the shooter, are allowed to leave on the release of the ball during a free throw

6. Free Throws

- a. 3rd grade-May move 2 feet closer to the basket
- b. 4th grade-Start behind the line, but are allowed to go over the line on their follow through
- c. 5th - 8th grade-Normal free throw rules apply

7. Pressing

- a. 3rd grade-No pressing
- b. 4th, 5th and 6th grade (All Divisions), Pressing allowed during the last 3 minutes of the second half if the game is within 10 points (Losing team may press if down more than 10 points).
Note: 4th, 5th and 6th grade: If both opposing coaches mutually agree before the game to additional pressing it will be allowed.
- c. 7th and 8th grade-Pressing allowed during the entire game if the game is within 20 points (Losing team may press if down more than 20 points)

8. No Zone Defense

- a. A defensive player is only allowed to play help defense once an offensive player has passed by his/her defender. Once the offensive player's momentum to the basket has been stopped and the defender has recovered, the help defender must recover to another offensive player that is uncovered. Referees will use their discretion when enforcing this rule as the FMYBL's position is to encourage good help defense but not allow outright zone defenses.