



City of Olivette - Parks and Recreation Youth Basketball Rules 2025 – 2026

RULE 1 – Administration

The Olivette Parks and Recreation Department supervises the Youth Basketball Program. Decisions rendered by the Parks and Recreation Department are final. Official National Federation of State High School Association rules apply **except** where superseded by GENERAL & SPECIFIC RULES FOR PARTICULAR GRADE in accordance with the city of Olivette Park and Rec league specifics.

RULE 2 – Duration of Games

- A. The duration of play will be as follows:
 - 1. **Micro - 2nd Grades:** Four 8-minute quarters, with a running clock.
 - 2. **3rd and 4th Grades:** Four 8-minute quarters. The clock stops the last minute of each quarter.
- B. There is NO overtime period.
- C. Teams will be given one minute between quarters and five minutes for half time.
- D. The scorekeepers/referees are responsible for stopping the clock.
- E. There will be a staff member from the Olivette Parks & Rec department on site to assist in facilitating the games along with a referee.
- F. Games will start on the hour or half hour.

RULE 3 – Equipment

The equipment will be as follows:

- 1. Micro – Kindergarten: 22 size basketballs and shoot on eight-foot baskets.
- 2. 1st - 2nd Grades: 27.5 size basketball and shoot on eight-foot baskets.
- 3. 3rd and 4th Grade Girls: 27.5 size basketball and shoot on ten-foot baskets.
- 4. 3rd thru 6th Grade Boys: 28.5 size basketball and shoot on ten-foot baskets.
- 5. 5th thru 8th Grade Girls: 28.5 size basketball and shoot on ten-foot baskets.

Jewelry is not permitted. The only exception is newly pierced ears (must be a stud earring) can be taped. Hoop earrings, necklaces, watches, etc.... are not allowed.

RULE 4 - Special Rules:

- 1. Games will consist of five (5) on five (5).
- 2. There will be NO pressing.

3. The “No Pressing Rule” applies as follows: If a team is in possession of the ball in their defensive end, they cannot be pressured. On any play where they are awarded a throw-in in their defensive zone, a made basket, or turnover, the team that was on offense must allow a successful inbounds pass.
4. Teams must retreat to beyond the half court before applying pressure to the offense even on fast breaks.
5. Once an offensive team penetrates the half court line (3 steps), they may apply pressure.
 - a. If the ball goes back into the backcourt, since there are no back court violations, the defensive team may pursue the offensive team to the half court line but may not cross.
6. A player cannot foul out.
7. There will be no three (3) seconds in the lane violation.
8. There will be no five (5) second possession violation.
9. There will not be a ten (10) seconds half court rule.
10. There will be no over and back called.
11. Excessive traveling (walking), double dribbling and carrying the ball will be called.
 - Officials will be told to keep the game flowing and not blowing the whistle non-stop.
12. Score will not be kept. There will be no team standings.
13. There will be no stealing off the dribble for Grades Micro-2 (see Rule 5C under Trapping) or when a player is in possession (holding) of the ball. Steals are allowed on passes.
14. Stealing off the dribble is allowed for Grades 3-5.
15. Uniform:
 - Each child will receive a jersey top prior to the first game.
 - Each jersey should be always tucked into shorts.
 - If your team decides to decorate the team jerseys, please contact the league director with the design before decorating.

RULE 4 – Substitution

- A. Proper game substitution should take place. Every player must check in at the scorer’s table and must be signaled in by the referee. If there is no scorer’s table, coaches should signal to referees. Referees must signal to player to come in.
- B. In 1st - 4th Grades, a coach from both teams may meet at center court to match up players. Keep time very brief, as clock does not stop.
- C. In 1st - 4th Grades, a substitution time out will be called at the first dead ball with four minutes or less in the quarter. The time out will last one minute, to change players and match up. The clock will start again one minute later even if the coaches are still matching up. This time-out is for substitutions only, not for coaching. If a coach tries to call his team to the sideline to give them instruction, a time-out will be charged to the team.

To make the substitutions easier, we will expand the definition of dead ball to include:

- Any dead ball

- A made basket
- A defensive rebound
- A defensive steal

RULE 5 – Defense

- A. The “No Pressing Rule” applies as follows: If a team is awarded an out of bounds throw-in, in their defensive end of the court, whether after points are scored or a turnover, all opposing players must retreat beyond the half-court line. If a team gains possession of the ball by a turnover or rebound, in their defensive end of the court, all opposing players must retreat beyond the half-court line. The ball may not be stolen after the defensive team gains position of the ball on their half.
- B. Defense/Pressing by Grade
 1. **Micro – 2nd Grades:** Only man to man defense is allowed. No pressing is allowed. Each team will be provided with a set of colored wrist bands to help with defense.
 2. **3rd - 4th Grades:** Only man to man defense is allowed. No pressing is allowed.
 3. **1st – 4th Grades:** Since only man to man defense is allowed, there will be no trapping.

No Trapping - Deliberate double teaming, where two defensive players guard a single offensive player, is not allowed anywhere on the court at any time during the game. Situations “in traffic,” especially near the basket, will not be considered trapping – i.e. the offensive player attempts to dribble between two defensive players, two players react to an offensive move, or two players are simply confused about whom to guard.

C. In **1st and 2nd Grade**, players may NOT steal the ball while the offensive player has control of the ball. This includes dribbling or holding onto the ball. This does NOT include passing. If a player in 1st and 2nd Grade picks up their dribble outside of the lane, only one defender may guard them.

RULE 6 – Conduct of Players, Coaches and Spectators

- A. One coach may stand during the game. All other coaches must remain seated on the sideline during game play, except during substitutions and when the game clock is stopped.
 1. The first offense will result in a scorekeeper asking the coach to sit down.
 2. The second offense will result in a technical foul and expulsion from the game.
- B. The coach is responsible for the conduct of his or her spectators, parents and players on the court and bench. **COACHES, SPECTATORS AND PLAYERS SHALL NOT DISPUTE CALLS MADE BY THE OFFICIAL.** Coaches, players or spectators who are verbally abusive to the officials, players or each other may be ejected by the official or coordinator and must leave the gym.
- C. **EACH PLAYER ON THE TEAM MUST PLAY AT LEAST HALF OF THE GAME OR RECEIVE EQUAL PLAYING TIME.**

- D. If, in the official's or coordinator's opinion, a player or coach is not conducting himself or herself in a proper manner- such as misconduct, yelling at the official, profane or abusive language directed at another, violent or dangerous play – the player or coach will be given a technical foul. Upon further occurrence the coach or player will receive a second technical foul and expelled from the game. If the conduct is of an extremely violent, dangerous and intentional nature, the referee may give a player or coach a double technical without a prior warning. An expelled coach or player shall immediately leave the gym.

E. The official shall report all ejections to the league supervisor as soon as possible after the game is completed, together with a brief statement of the occurrence. A player or coach ejected from a game will be automatically suspended by the league for their next game and can be suspended for longer than one game depending on the seriousness of the infraction. Coaches ejected from two games will be suspended for the entire season.

RULE 7 – The Official

- A. The official's decision during play shall be final. The official should communicate all calls made during the game, and with younger players explain the call to the players. Play shall be stopped for all injuries, no matter who has possession of the ball.
- B. The official shall have the discretionary power to give a technical foul to any player or coach guilty of misconduct or inappropriate behavior.
- C. Coaches, players and spectators shall not argue or dispute an official's decision during the game. QUESTIONS about specific calls should be held until the end of a quarter, half or game and made to the referee in a calm manner. It is not the responsibility of the official to explain his or her calls during the game or to instruct the coaches on the rules of the game.

RULE 8 – Scheduling and Weather

A. Games may not be canceled, changed or delayed by the coaches. Schedule changes are the responsibility of the league. Once the final schedule is distributed, the schedule will not be changed. Teams may request special scheduling PRIOR to the schedule being prepared, and to the extent reasonably possible, scheduling requests, which are based upon a conflict for many a team's players, will be honored. Failure to report for a scheduled game will result in a forfeit.

B. Games will be played whenever possible. Games may be canceled because of road conditions due to snow and ice. Cancellation of these games will be recorded on Team Sideline and a text message will be sent out from Team Sideline.

RULE 9 – Scoring and Statistics

- A. The Olivette Parks and Recreation Youth Basketball League is a RECREATIONAL league. Standings are not kept, and scores should be de-emphasized, by the coaches, parents and officials.
- B. No score will be displayed on the game clock during 1st and 2nd Grade games.
- C. No statistics are kept for any team or individual player.
- D. Parents or coaches will not harass the scorekeepers about putting scores up on the scoreboard. If a parent or coach harasses the scorekeeper, the coordinator or official will have the scoreboard turned off.

Thank You!

Olivette Parks and Recreation

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