

Loveland Parks & Recreation Youth Basketball Program Shorts

Fall 2025

| | 2nd & 3rd Grade | 4th & 5th Grade |
|---|---|---|
| Number of Players | 5 | 5 |
| Ball Size | 27.5 inch | 28.5 inch |
| Rim Height (games) | 9 ft. | 10 ft. |
| Game Time (running clock) | 20-min. halves | 20-min. halves |
| Overtime | No | No |
| Start of game | Home team inbounds at mid-court | Home team inbounds at mid-court |
| Alternate Possession | Yes | Yes |
| Time Outs per team | 3 per game | 3 per game |
| Substitutions | Every 5 minutes (mandatory) | First 30 min's: Every 5 minutes (mandatory) Last 10 min's: Ok to sub on any dead ball. Players check in at score table. (Equal play is still the goal) |
| Defense | Man-to-man | First 30 min's: Man-to-man defense only Last 10 min's: Man-to-man, zone, double-team, trapping are all ok. |
| Defense begins (must let ball cross line) | Defense's top of key or VB line | Half-court |
| | Note: If offense moves ball past top of the key or VB line and then returns ball above it, then defense may extend to half-court. | n/a |
| Full court press allowed | No | Last 10 minutes of game only (see 10 pt. Rule) |
| 10 Point Rule | n/a | If 10 or + point lead: Team ahead may not full-court press. (Fall back line: mid-court line) Team behind may full-court press any time it is allowed. |
| Switching Allowed | Yes | Yes |
| Personal fouls allowed | 5 | 5 |
| Free Throws | No. FT situation only, one point awarded, fouling team inbounds. | Yes. Bonus on team foul 7, 8, and 9 each half (unless two-shot foul). Double bonus (two shots) on and after foul 10. |
| Official may move Shooter up | n/a | Yes |
| Entering the lane | n/a | Players may enter lane after shot is released. |
| Clock on free throws | n/a | Last 5 minutes of game only: Clock stops for free throws ONLY IF point difference is less than 10 points. |
| Three Seconds Called | Yes | Yes |
| Over and Back Called | Yes | Yes |
| Uniform Requirements (all levels) | 1) Youth Athletic T-shirt; 2) Non-marking soled gym shoes; 3) NO JEWELRY! All items must be removed. Taping of jewelry is not allowed. | |
| *Teams with more than 10 players | *ALL LEVELS: When a team has more than 10 players present for game, the coach should inform the gym supervisor, opposing coach, and officials, and one extra five-minute rotation will be added in the 2nd half. (i.e.- 20-min 1st half, 25-min 2nd half) | |

Fun * Skill Development * Safety!

Help us create a positive environment. Set the proper tone and example. Cheer for all good plays, even when done by other team. Help the players to learn life skills through playing sports. Not everything goes our way all the time. Turn up the positive, turn down the negative. Help players to enjoy being at practices and games.

General Items:

- * Game ball is provided.
- * Main skills needed: Shooting, Passing, Dribbling, Offense, Defense, Spacing, Teamwork.
- * Each player should play at least half the game.
- * Players should rotate positions throughout the season.
- * Both teams must play with the same number of players. If a team has fewer players, then the team with the greater number of players either must loan player(s) or drop down to the same number of players. We do not forfeit. Loaning players is encouraged since it gives all players more playing time.
- * Fair play, fun, skill development and sportsmanship should be emphasized.
- * Awards are discouraged. Emphasize that "the rewards lie in the fun of being able to play."

- * SAFETY is of course #1! Here are a few things you can do to promote a safe environment:
 - * Inspect practice facility for safety prior to practice. Address concerns to school staff and parks and recreation staff.
 - * Find out from parents if participants have any medical concerns you should be aware of (injuries, asthma, allergies, etc.)
 - * NO JEWELRY during practices or games! Must be enforced by all coaches and staff at all times, this is for the safety of all participants.
 - * No cast (hard or soft) allowed.
 - * Warm up and cool down each practice and each game.
 - * Equipment - make sure players are wearing proper shoes. Encourage use of mouthguards.
 - * Encourage participants to get proper rest and nutrition.
 - * Hydration - encourage players to bring water bottle from home. Give water breaks during practices. Keep them hydrated!
 - * Match up - for drills and scrimmages consider players' size, age, and ability when matching up.
 - * Never leave practice or game until you know each participant has left.
 - * Never be alone with any participant. Always have another player or adult present at all times.
 - * Plain sight rule - stay in plain public sight at all times.
 - * Do not take kids home in your personal vehicle.

Thank you for your attention to our three primary goals of the program: Safety, Fun, and Skill Development.