

2026 Rocky Mountain Youth Basketball

Game Rules	1st-2nd Grade Boys & Girls	3rd-4th Grade Division II Boys & 3rd-4th Grade Girls	3rd-4th Grade Division I Boys & 5th-6th Grade Boys and Girls
Goal Height	8 ft.	9 ft.	10 ft.
Ball Size	27.5 in.	28.5 in.	28.5 in.
Players on Court	4	4	5
Game Length	<p>Game consists of six, 6 minute periods.</p> <p style="text-align: center;">Clock is a RUNNING CLOCK.</p> <p>TOURNEY ONLY: 6th period is a stop clock for the last 2 minutes unless a team is ahead by 15 or more. Stop the clock on every whistle. Start the clock when the referee signals to do so.</p>	<p>Game consists of six, 6 minute periods.</p> <p>Clock is a running clock until the last 2 minutes of the game (unless a team is ahead by 15 or more.)</p> <p>Stop the clock on every whistle. Start the clock when the referee signals to do so.</p>	<p>Game consists of six, 6 minute periods.</p> <p>Clock is a running clock until the last 2 minutes of the game, unless a team is ahead by 15 points or more.</p> <p>Stop the clock on every whistle. Start the clock when the referee signals to do so.</p>
Substitution	<p>Each player is guaranteed to play half of the game (3 periods) unless they have missed practice. If so, the coach must alert the score table at the start of the game.</p> <p>To start each period, coaches will line players up according to ability (referee will communicate where most skilled players line up) so that they are matched up appropriately. Each team's best players should be guarding each other.</p> <p>During the regular season, each player must sit out for at least one period unless the team has no available substitutes. If a player's sit-out occurs during the 6th period, that player may <u>not</u> substitute into the game during that period, unless there are no other available substitutes.</p>	<p>Each player is guaranteed to play half of the game (3 periods) unless they have missed practice. If so, the coach must alert the score table at the start of the game.</p> <p>To start each period, coaches will line players up according to ability (referee will communicate where most skilled players line up) so that they are matched up appropriately. Each team's best players should be guarding each other.</p> <p>During the regular season, each player must sit out for at least one period unless the team has no available substitutes. If a player's sit-out occurs during the 6th period, that player may <u>not</u> substitute into the game during that period, unless there are no other available substitutes.</p>	<p>Each player is guaranteed to play half of the game (3 periods). Coaches substitute at the end of each period.</p> <p>A coach may substitute a player who has foul trouble, but may not sub him/her back in until the start of a new period.</p> <p style="text-align: center;">What is foul trouble?</p> <ul style="list-style-type: none"> *Player with 2 fouls in first period *Player with 3 fouls in first half *Player with 4 fouls in the 4th or 5th period <p>*6th period only-only player substitution allowed for fouls is if a player gains their 5th foul and fouls out</p> <p>Coaches may substitute at a time-out during the last period.</p> <p>*Substitution is allowed as long as the player being subbed out has played 3 defined periods (started 3 previous periods or played 3 previous full periods; subbing in does not count as a starting period)</p> <p>During the regular season, each player must sit out for at least one period unless the team has no available substitutes. If a player's sit-out occurs during the 6th period, that player may <u>not</u> substitute into the game during that period, unless there are no other available substitutes.</p>
Score Kept?	Yes	Yes	Yes

To Start the Game...	Home Team receives the ball first. At the beginning of each new period ball possession is determined by the possession arrow.	Home Team receives the ball first. At the beginning of each new period ball possession is determined by the possession arrow.	Jump Ball at the center of the court
Fouls	<p>Players who receive 2 fouls in one period must leave the game for the remainder of that period.</p> <p>Coach may substitute another player, though it does not count towards that player's 3 periods.</p> <p>Teams receive two points if a shooting foul is called. The other team would then receive the ball just as if free throws had been shot.</p> <p>On the 7th, 8th, and 9th team foul of the half, a team receives one point. The other team gets the ball.</p> <p>On the 10th team foul (and beyond) of the half, a team receives two points. The other team gets the ball.</p>	<p>Players who receive 2 fouls in one period must leave the game for the remainder of that period.</p> <p>Coach may substitute another player, though it does not count towards that player's 3 periods.</p> <p>Teams enter the bonus (2 shots) on the 5th team foul per period.</p>	<p>Players foul out of the game on their 5th foul.</p> <p>Teams enter the bonus (2 shots) on the 5th team foul per period.</p>
Overtime?	<p>No</p> <p>TOURNEY: Yes, Overtime is 2 minutes (stop clock) in length. A new jump ball establishes possession at the beginning of overtime. For the jump ball on courts 1-2, coaches should rock, paper, and scissors.</p> <p>In a second overtime, the first team to score wins the game.</p>	<p>No</p> <p>TOURNEY: Yes, Overtime is 2 minutes (stop clock) in length. A new jump ball establishes possession at the beginning of overtime. For the jump ball on courts 1-2, coaches should rock, paper, and scissors.</p> <p>In a second overtime, the first team to score wins the game.</p>	<p>Yes</p> <p>Overtime is 2 minutes (stop clock) in length. A new jump ball establishes possession at the beginning of overtime.</p> <p>In a second overtime, the first team to score wins the game.</p>
Time-Outs?	<p>No, however coaches naturally get a time-out after each period. This results in 4 time-outs plus half-time.</p> <p>TOURNEY: 1 time out in the last period</p> <p>*Timeouts may be called only when a team has possession of the ball or during a dead ball situation</p>	<p>No, however coaches naturally get a time-out after each period. This results in 4 time-outs plus half-time.</p> <p>TOURNEY: 1 time out in the last period</p> <p>*Timeouts may be called only when a team has possession of the ball or during a dead ball situation</p>	<p>One 30 second time-out during the last period, if needed. Also coaches naturally get a time-out after each period. Coaches may substitute at a time-out, please see Substitution rules.</p> <p>If the game goes into overtime, coaches may have 1 additional 30 second time-out.</p> <p>*Timeouts may be called only when a team has possession of the ball or during a dead ball situation</p>

<p>Free throws?</p>	<p>No</p> <p>Shooting fouls result in 2 points and the ball goes to the other team.</p> <p>On the 7th, 8th, and 9th team foul of the half, a team receives one point. The other team gets the ball.</p> <p>On the 10th team foul (and beyond) of the half, a team receives two points. The other team gets the ball.</p>	<p>Yes</p> <p>Free throws are shot at the free throw line. Players lined up in marked lane spaces may move upon the release of the ball; all other players may move once the ball hits the rim or backboard. Ball is live if the second shot is missed.</p> <p>The shooter must not cross the line until the ball hits the rim or backboard.</p>	<p>Yes</p> <p>Free throws are shot at the free throw line. Players lined up in marked lane spaces may move upon the release of the ball; all other players may move once the ball hits the rim or backboard. Ball is live if the second shot is missed.</p> <p>*There is no line violation for the 3rd-4th grade shooters; however, after releasing the ball, shooters may not attempt to get a rebound until the ball hits the rim or backboard.</p>
<p>Defense Allowed</p>	<p>Man-to-Man</p>	<p>Man-to-Man</p>	<p>Man-to-Man</p>
<p>Full Court Defense Allowed?</p>	<p>No</p> <p>However, teams have 10 seconds to cross half court. Once a team crosses half court, defense may play on both sides.</p>	<p>No</p> <p>However, teams have 10 seconds to cross half court. Once a team crosses half court, defense may play on both sides.</p>	<p>Yes</p> <p>Division I teams: If a team leads by 15 points or more, full-court defense is not permitted.</p> <p>Division II & 5-6 Girls Teams: If a team leads by 10 points or more, full-court defense is not permitted.</p>
<p>Double-teaming Allowed?</p>	<p>Yes for help defense</p> <p>Double teaming to help stop a player who is fast breaking or driving to the basket is allowed and encouraged.</p> <p>What is NOT ALLOWED? Trapping is not allowed. This is where one or more players chase after the ball trying to double team the ball.</p> <p>Illegal defense should not be called when an offense is bunched up near the ball, causing the defense to also be bunched up near the ball. It is natural that turnovers may happen in such a scenario.</p>	<p>Yes for help defense</p> <p>Double teaming to help stop a player who is fast breaking or driving to the basket is allowed and encouraged.</p> <p>What is NOT ALLOWED? Trapping is not allowed. This is where one or more players chase after the ball trying to double team the ball.</p> <p>Illegal defense should not be called when an offense is bunched up near the ball, causing the defense to also be bunched up near the ball. It is natural that turnovers may happen in such a scenario.</p>	<p>Yes for help defense</p> <p>Double teaming to help stop a player who is fast breaking or driving to the basket is allowed and encouraged.</p> <p>What is NOT ALLOWED? Trapping is not allowed. This is where one or more players chase after the ball trying to double team the ball.</p> <p>Illegal defense should not be called when an offense is bunched up near the ball, causing the defense to also be bunched up near the ball. It is natural that turnovers may happen in such a scenario.</p>
<p>3 Second Violation Called?</p>	<p>No</p>	<p>Yes</p>	<p>Yes</p>
<p>5 Second Violation Called?</p>	<p>Yes</p> <p>Players have 5 seconds to inbound the ball. Players closely guarded (6 feet) have 5 seconds to dribble and then an additional 5 seconds to pass the ball.</p>	<p>Yes</p> <p>Players have 5 seconds to inbound the ball. Players closely guarded (6 feet) have 5 seconds to dribble and then an additional 5 seconds to pass the ball.</p>	<p>Yes</p> <p>Players have 5 seconds to inbound the ball. Players closely guarded (6 feet) have 5 seconds to dribble and then an additional 5 seconds to pass the ball.</p>

<p>Backcourt Violation Called?</p>	<p>No The court is too short. However, once the offensive team crosses the half-court line, the defense may play full court. On a dead ball, the defense must once again wait for the other team to cross half court before they can pick them up.</p>	<p>No The court is too short. However, once the offensive team crosses the half-court line, the defense may play full court. On a dead ball, the defense must once again wait for the other team to cross half court before they can pick them up.</p>	<p>Yes Players must establish all three points of contact in the front court before a violation can be called. The three points of contact are ball, foot, and foot.</p>
<p>Traveling Violation Called in All Circumstances?</p>	<p>Yes</p>	<p>Yes</p>	<p>Yes</p>
<p>Double Dribble Called?</p>	<p>Yes</p>	<p>Yes</p>	<p>Yes</p>
<p>Intentional, flagrant, or technical fouls?</p>	<p>Intentional, flagrant, or technical fouls (including delay of game) results in 2 points to the other team and the ball. Referees will give a warning for delay of game. A technical foul on a fan will result in 2 points to the other team and the ball. Referees will give a warning to the coach (coaches are responsible for fans). Referees have the discretion to remove anyone from a game. If a parent is asked to leave, they must take their player with them.</p>	<p>Intentional, flagrant, or technical fouls (including delay of game) results in 2 points to the other team and the ball. Referees will give a warning for delay of game. A technical foul on a fan will result in 2 points to the other team and the ball. Referees will give a warning to the coach (coaches are responsible for fans). Referees have the discretion to remove anyone from a game. If a parent is asked to leave, they must take their player with them.</p>	<p>Intentional, flagrant, or technical fouls (including delay of game) results in 2 points to the other team and the ball. Referees will give a warning for delay of game. A technical foul on a fan will result in 2 points to the other team and the ball. Referees will give a warning to the coach (coaches are responsible for fans). Referees have the discretion to remove anyone from a game. If a parent is asked to leave, they must take their player with them</p>
<p>Illegal Defense</p>	<p style="text-align: center;">Illegal Defense:</p> <ul style="list-style-type: none"> -Chasing after the ball with the express purpose of trapping. -Zone defense where players are responsible for guarding an area instead of a player. -3 or more players on the ball <p>Note: If a team is trying to run an isolation play in order to take advantage of defensive rules, the defensive team can and should place players in strategic help defense positions in order to defend the basket.</p> <p>If a team gains an advantage by playing illegal defense, a referee can give up to two warnings. Warning should be given to the player, coach, and the score table.</p> <p>If the illegal defense continues, a technical foul can be called on that player. It results in 2 points and the ball to the other team.</p>		

**Coach Conduct &
Sideline
Expectations**

Please remember that RMYB maintains a zero-tolerance policy for inappropriate behavior by coaches, players, and spectators. As coaches, you agree to adhere to—and lead by example with—RMYB Rules & Guidelines and Coach Requirements & Expectations.

Sideline Conduct:

- Only the Head Coach may stand during the game.
- Assistant coaches must remain seated during live play.
 - Assistant coaches may briefly stand or kneel to address players on the bench for coaching purposes; this is permitted.

Communication with Referees:

- Only the Head Coach may approach referees to discuss concerns.

Guidelines for approaching referees:

- Always be respectful, regardless of the referee's age.
- Whenever possible, approach referees between periods.
- If an issue must be addressed during live play:
 - Respectfully ask for the referee's attention.
 - Request that they come to you.
 - Do not yell across the court.
- Do not continue to address or hound referees during live play.
- Do not yell, argue, or act disrespectfully.
- Do not chase referees after the game to continue discussions.
- If concerns persist, respectfully contact a Site Manager or RMYB Leadership between periods or after the game.

Coaching Violations:

- A coach will receive a warning, which will be documented in the scorebook. If necessary, the coach may be asked to sit for the remainder of the game.
- Continued violations will result in a technical foul, which awards 2 points and possession of the ball to the opposing team.
 - If violations continue and additional technical fouls are assessed, the coach will be removed from the game and must take their player with them.
 - If any technical fouls are assessed, RMYB Leadership will review the incident and determine the coach's status for future weeks, which may include, but is not limited to, suspension, removal from a coaching position, or removal from the program.