

YOUTH BASKETBALL LEAGUE RULES

**GIRLS GRADES 6-8
BOYS GRADES 6-12**



**Redmond
Parks and
Recreation**

MIDDLE/HIGH SCHOOL BASKETBALL GAME RULES

(Girls 6-8 & Boys 6-12)

OFFICIAL RULEBOOK

All games are played according to the rules published by the National Federation of State High School Athletic Associations with the modifications listed below taking precedence at all times. Please refer to the NFHS official's manual and rulebook.

SPECIAL LEAGUE PLAYING RULES

RULE 1 – EQUIPMENT

Court Markings - Free Throw Line

6 th -12 th grade	15 feet
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Game Ball – 6th grade & above boys will use an official regulation sized men's leather basketball and 6th grade & above girls will use an official regulation sized women's leather basketball.

Height of the Hoop

6 th -12 th grade	10 feet
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RULE 2 – OFFICIALS AND THEIR DUTIES – No Change

RULE 3 – PLAYERS AND SUBSTITUTES

Team Spokesman – One team coach may serve as a spokesman to confer with referees on matters during the game. Prior to the start of the game, referees and coaches must determine who is going to serve as team spokesman. Coaches may not approach, yell, or distract officials while the game is in progress. Any abusive language or physical contact will result in forfeiture of game and coaches suspension from game and or league. Please use respect when you address an official, it is a good example for the players and parents of both teams.

Mandatory Substitution Rule - All eligible players in uniform must enter each game and play the amount of time prescribed by the following rules:

- a) All eligible players in uniform must play at least 15 minutes per game.
- b) **Exceptions** - If a player is unable to complete the required playing time due to illness, injury, fouling out, or ejected he/she may be substituted. If you know of an illness prior to the game please inform the referees and the other coach.
NOTE: There will be no other exceptions for the substitution rule unless approved by the league coordinator.

RULE 4 – DEFINITIONS – No Change

RULE 5 – SCORING AND TIMING REGULATIONS

Time Clock Regulations - A regulation game will consist of two (2) twenty-minute running clock halves with a stop-clock the **last two minutes** of the first half and the **last two minutes** of the game. Halftime will consist of a three (3) minute break. Other than the last two minutes of the game, the clock will stop only during team or official time-outs. The clock will run during free throws. No Shot clock.

Overtime Period – If the score is tied at the end of regulation play, a two minute overtime period will be played. The last minute of overtime will be a stop clock situation. If the score remains tied at the end of overtime the game will be a tie.

Time-Outs - Limit of three (one minute) time-outs per team for the entire game. Time-outs cannot be carried over to the overtime period. Each team will receive one additional time out in an overtime situation.

Halftime – Halftime will be (3) minutes long

RULE 6 – LIVE BALL AND DEAD BALL - No change

RULE 7 – OUT OF BOUNDS AND THROW-IN - No change

RULE 8 – LEAGUE PLAY

- a) The league administrator shall coordinate the schedule and any rescheduled games for all teams.
- b) If your team can only put 4 players on the court the game can still be played.
i.e. – Literally only 4 players show up to play or you only have 5 players show up but one player is injured and cannot continue to play.
- c) Standings and tie-breakers will be determined in this order:
 1. Overall Record (or winning %)
 2. Conference/Division Record
 3. Head-to-Head Win/Loss % (includes all teams that are tied)
 4. Head-to-Head Points
 5. Points Allowed
 6. Coin Flip
- d) When shooting a foul shot, the shooter/players must wait to enter the key until the ball is released from the shooters hand. Shooter waits until ball hits rim.
- e) On free throw attempts the defense may position up to 4 defenders alongside the key. The shooting team may position up to two offensive players alongside the key, in addition to the shooter.
- f) Three-point line will be in effect for this league.
- g) Any team leading by 20 points should make every effort to hold the score down i.e. play less skilled players, pass the ball five times before a shot, etc.
- h) Coaches may not approach, yell or distract officials while the game is in progress. Any abusive language or physical contact will result in forfeiture of game and coaches suspension from game and or league. Please use respect when you address an official, it is a good example for the players and parents of both teams.
- i) No dunking is allowed in any facility at any time.
- j) No protests.
- k) No food or beverage allowed in gym except water.

RULE 9 – DEFENSE

Full court press is allowed. However, **if your team has a double digit lead you cannot press.** This means if you are up 24-14 you cannot press.

RULE 10 – JUMP BALLS

All leagues will start games with a jump ball. Every other jump ball situation will be alternately placed out-of-bounds.

RULE 11 – FOULS

- There is one free throw if a player is fouled in the act of shooting and the basket is made.
- There are two free throws if a player is fouled in the act of shooting a two-point basket and the basket is not made.
- There are three free throws if a player is fouled in the act of shooting a three-point basket and the basket is not made.

- A player fouls out of the game when he/she has committed five fouls during the game. For each personal foul, the team receives a team foul. When a team reaches seven team fouls in either the first or second half, the opponent will be awarded one plus one bonus free throw and two free throws after the tenth foul has been committed for that half.

RULE 12 – TECHNICAL FOULS

- **All technical fouls will be non-shooting. An automatic two points plus possession of the ball will be awarded on any technical foul.**
- All un-sportsmanlike conduct technical fouls assessed to players are also personal fouls.
- Intentional Fouls will be ruled as an automatic two points plus possession.
- Two technical fouls in one game by a player or coach will result in that player or coach being ejected from the game and gym. He or she will be suspended for the next scheduled game and must meet with the program coordinator prior to reinstatement into the league.
- Bench technical fouls on parents will be assessed to the coach. The coach is responsible for control of his or her sideline.
- If any team receives a combination of three technical fouls in one game, they forfeit the game. If both teams receive a combination of four technical fouls total, the game is a double forfeit. This rule applies to coaches, players, and fans.
- ***If a player receives a technical foul they must remain out of the game for 5 game minutes.***
- If a player receives two technical fouls in a game, they are automatically ejected. Also, if a player is ejected for un-sportsmanlike conduct, that player forfeits their right to play in their teams next scheduled league or tournament game.
- Ejections due to technical fouls for non-conduct situations such as wearing an illegal uniform number or entering a game incorrectly are not considered un-sportsmanlike.

PLAYER CONDUCT AND FOLLOWER CONDUCT

The conduct of all participants in the league is governed by the Redmond Parks & Recreation Department Code of Conduct. Teams are responsible for the conduct of their followers. Failure of teams to control follower conduct shall result in game forfeiture. Coaches are responsible for sharing the league rules and code of conduct with their players.

MIDDLE/HIGH SCHOOL BASKETBALL RULES REFERENCE CHART

RULE	6th Grade & Above Girls	6th Grade & Above Boys
Basketball	Women's Official Leather (28.5)	Men's Official Leather (29.5)
Free Throw	15 feet	15 feet
Height of Rim	10 feet	10 feet
Full Court Press	Yes**	Yes**
Seconds in Key	3	3
Jump Ball Possession	Alternates	Alternates
Wrist Bands	No	No
10-Second Rule	Yes	Yes
Standings	Yes	Yes
Playoffs	Yes	Yes
Halftime Free Throws	No	No

****Teams may full court press as long as the pressing team is not up by double digit points. i.e. – if you are ahead 24-14 you cannot press.**