

YOUTH BASKETBALL LEAGUE RULES

GIRLS GRADES 1-5

BOYS GRADES 1-5



**Redmond
Parks and
Recreation**

GRADE DIVISION BREAKDOWNS

Girls	1 st /2 nd	3 rd	4 th /5 th	6 th -8 th				
Boys	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th -9 th	10 th -12 th

* Exceptions (such as playing up a grade level) may be made by the League Coordinator

TEAM FORMATIONS

Teams are typically organized by elementary, middle school, or high schools. Participants must register according to the school they attend. Players from surrounding communities, organizations or private schools should register to play with the school nearest their home unless there are enough kids from their school to form a team. Ideal team size is between 8-10 players. Sometimes more or less than this will be assigned to teams. If there are less than eight or more than 12 players, teams may be divided, or players may be requested to combine with another school. Teams are formed according to the schools the children attend for the following reasons:

1. To enhance the peer group relationship between players.
2. To enable practices to take place close to the child's residence.
3. To aid parents in transportation by providing for a central pooling place.

NOTE: It is not our intent to foster inter-school competition. Forming teams in this manner is merely an organizational tool. This league is not intended for players that are on select level teams.

LEAGUE STANDINGS

Teams will play one scheduled game per week on Saturday. The game's score will only be kept for 3rd through 12th grade. League standings will be kept for 5th - 12th grades for playoff seeding's. The main intent of the program is to have every child develop basketball skills and have a successful, enjoyable experience each week. Keeping no league standings at the younger grades is a tool that cleans the slate every week and encourages continued enjoyable participation.

UNIFORMS

Each player will receive a reversible mesh jersey that they can keep at the end of the season.

BAD WEATHER OR ROAD CONDITIONS

In cases of really bad weather, the sports coordinator will make the final decision on games by 7:30am the day of. Go to www.redmond.gov/sports for up to date information. The league coordinator will try to reschedule all games postponed due to the weather.

PLAYER INSURANCE

The City of Redmond does not provide insurance for players. The child's insurance coverage is the responsibility of the parents/guardians.

VOLUNTEER INSURANCE

Volunteer coaches, who are registered and fulfill the requirements of a volunteer, receive the benefits of SMA insurance (State Medical Aid and liability coverage).

OFFICIALS

In most cases, the officials provided will either be volunteers or high school students. This program uses para-professionals (they are not certified officials). The officials will make good and bad calls, but in each case they are calling what they see. The officials are very dedicated and deserve your cooperation. If anyone is interested in officiating, please contact the Recreation Office at 425-556-2300. Games for Grades 6 and above are normally officiated by the Pacific Northwest Basketball Officials Association (PNBOA).

ELEMENTARY BASKETBALL GAME RULES

(Girls 1-5 & Boys 1-5)

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

The regulation 15' free throw line has been shortened and free throws will be attempted from modified lines.

1 st – 3 rd Grade	10 feet
4 th – 5 th Girls/4 th -6 th Boys	12 feet

Game Ball – See chart

Wrist Bands – Colored wristbands will be used at the 1st & 2nd grade levels to better identify who each player is guarding.

Match Ups – If coaches don't initially agree on the fairness of match ups the referees will match up players (who is guarding who) to the best of their ability.

Height of the Hoop

1 st & 2 nd Grade	8 feet
3 rd Grade & above	10 feet

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:

- The clock will be stopped roughly at 5-minute intervals for substitutions. All substitutions should happen during a dead ball. **Coaches will have their substitutions ready to take positions on the court once dead ball called. Reminder: It is not a timeout for coaches or players. Play resumes as quickly as possible.** Excluding the beginning of each half & the exceptions below, this is the only time substitutions are allowed.
 1. All eligible players in uniform must play at least 50% of the game unless there are more than 10 players on the team.

2. If a team has more than 10 players, each player must play for a total of at least 15 game minutes (or 17:30) and nobody should play more than 20 minutes.
 3. No player may play more than five game minutes more than another player unless special arrangements are approved by the referees.
 4. Other substitutions are only allowed at the discretion of the officials.
 5. Coaches discussions with players during sub breaks should occur while lining up at half court.
- **Exceptions** – If a player is unable to complete the required playing time due to illness, injury, fatigue, or fouling out, he/she may be substituted. If a player arrives late to the game, then you should work out playing time with referees. If you know of an illness prior to the game, please inform the referees and the opposing coach. If you have more than 10 players, you will have the ability to sub at the 2:30 mark left in the game. Please notify the referees in advance if you would like this extra substitution.
 - **Penalty for Illegal Substitution** – A substitution violation warning will be given. If the violation occurs again, it will be recorded as a technical foul against the violating coach. Illegal substitutes must be replaced immediately by a legal/eligible player.

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. The clock will be stopped roughly at every 5 minutes for substitutions.

- 1st & 2nd: No clock stoppages
- 3rd – 5th Girls 3rd-5th Boys: The clock will be stopped on a dead ball during last minute of each game unless there is a 10 or more point difference
- Halftime will consist of a two-minute break. Other than the last minute of the game, the clock will stop only during team or official time-outs, and substitutions.
- The clock will run during free throws but will stop at the 1-minute mark of the game if a player is shooting free throws at that point.

Overtime Period – There is no overtime; games will remain a tie.

Time-Outs – Limit of one time-out per half for each team (1 minute). Time-outs cannot be saved from one half to be used in the next half. Substitutions are not allowed during time outs!

Halftime Score – In 3rd – 5th grade, if the halftime score differs by 15+ points, the score will be reset to 0 – 0.

3-Point Baskets – There are NO 3-Point Baskets

10-Second Rule – The 10-second rule to advance the ball past half court will be used for 3rd – 5th grade leagues only.

RULE 6 – LIVE BALL AND DEAD BALL – No change

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

RULE 8 – FREE THROWS

Half-Time Free Throws - Each team will shoot free throws during half time. If team A has fewer players than team B, team A will select certain players to shoot twice so that both teams receive an equal number of free throws. Nobody should take more than two free throws. The total number of free throws made will be added to the official score.

Free Throws – 1st & 2nd Grade teams will not take in game free throws. Teams that are fouled will take possession of the ball. However, 1st & 2nd Grade teams will take free throws at halftime.

When shooting a foul shot, all players must wait to enter the key until the ball is released from the shooters hand. The shooter must wait to enter the key until the ball hits the rim.

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.

RULE 9 – DEFENSE

Back Court Defense – There will be NO full court pressing, except for at 5th grade level and up, AND ONLY during the last minute of the game, or the last minute of overtime in a playoff game. ONLY 3 DEFENSIVE PLAYERS MAY BE IN THE BACK COURT DURING A FULL COURT PRESS. Both teams can full court press in the last minute of the game or overtime.

Pick-Up Line – In Grades 1-3 the defense cannot guard the offensive player until the player has crossed the “pick-up line” (approximately 25’ away from the basket running parallel with the base line). This line is yellow at the Old Redmond Schoolhouse gym (1st/2nd grade courts) but does not exist at practice locations. If the offensive player crosses the line and then crosses back over, the defense may guard beyond the line. The line is not meant to act as a “base” for the offensive players.

Man-to-Man Defense – All teams are required to play man-to-man defense. Zone defense and trapping is not allowed. Double-teaming is also not allowed except under the following circumstances:

- a. The offensive player with the ball is within the key
- b. The offensive player with the ball is driving to the basket and the defensive player has been beaten. Once the defense has recovered they may switch, but must return to a man-to-man defense.
- c. Fast Breaks

* Officials will primarily be looking for the trap/double-team applied by the defense on the ball handler. The intent of these rules is to teach players strong individual defensive skills.

Definition of a Zone: Once a team has advanced the ball to its front court, no defensive player may intentionally guard an area instead of an opponent.

Definition of a Double-Team: Guarding one offensive player with two or more defensive players.

Definition of Trapping: To lure the offensive player with the ball into an area and then attack with two or more players with the intent of creating a turnover.

Defense may switch the players they are guarding when the offensive team attempts a screen. Switching on non-screens may be considered zone defense based on the judgment of the officials.

Defensive Positioning – Defenders must be positioned with BOTH FEET outside the key unless:

- a. The player they are guarding comes within approximately 6 feet of the key

- b. An offensive player makes a drive toward the basket/help situation
- c. The ball is within the key
- d. Fast Break situation

If the ball enters the key, it is legal for any (or multiple) defensive player(s) to defend any offensive player. If an offensive player dribbles into another defensive player, the defensive player may steal the ball away.

The first time teams are detected to be intentionally in violation of the zone defense, trapping, or double-teaming rule, the team will be issued a warning. Each subsequent intentional defensive violation may result in a technical foul (an automatic two points plus possession)

Guarding the Half Court Line – Referee has the right to back off defenders if they are guarding the half court line, particularly at the younger age levels.

Illegal Offense – Four-corner, clearing a side/isolation, or any other offense that in the judgment of the official is designed to take advantage of the no zone rule is not allowed.

The first time teams are detected to be intentionally in violation of running an illegal offense the team will be issued a warning. Each subsequent intentional offense may result in a technical foul (an automatic two points plus possession)

Screening – Screens are not allowed at the 1st & 2nd Grade level. The offending team will be given at least one warning. Subsequent offenses may result in a change of possession.

Seconds in the Key

1 st & 2 nd Grade	Unlimited
3 rd Grade & above	5 seconds

Over and Back – 3rd – 5th grade leagues will be called for over and back. There is no over and back rule enforced in 1st & 2nd Grade.

RULE 10 – JUMP BALLS

All leagues will start games with an opening tip except 1st and 2nd grade. Every other jump ball situation will be alternately placed out-of-bounds. At the 1st and 2nd grade level, one team will start with the ball at the beginning of the game, out-of-bounds, and the other team will start with the ball at the beginning of the 2nd half, out-of-bounds.

RULE 11 – 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.

ELEMENTARY BASKETBALL RULES REFERENCE CHART

RULE	Grades 1-2	3 rd Boys	3 rd Girls	4 th Boys	4/5 th Girls, 5 th Boys
Basketball	Jr. 110 (27 in)	Jr. 110 (27 in)	Jr. 110 (27 in)	Int. 115 (28.5)	Int. 115 (28.5)
Free Throw	10 feet	10 feet	10 feet	12 feet	12 feet
Height of Rim	8 feet	10 feet	10 feet	10 feet	10 feet
Full Court Press	No	No	No	No	Yes*
"Pick-Up" line	Yes	Yes	Yes	No	No
Seconds in Key	Unlimited	5	5	5	5
Screens	No	Yes	Yes	Yes	Yes
Jump Ball Possession	Alternates	Alternates	Alternates	Alternates	Alternates
Wrist Bands	Yes	No	No	No	No
10-Second Rule	No	Yes	Yes	Yes	Yes
Keep Score	No	Yes	Yes	Yes	Yes
Keep Standings	No	No	No	No	Yes
Halftime Free Throws	Yes	Yes – counts towards score	Yes – counts towards score	Yes – counts towards score	Yes – counts towards score

* Teams may full court press with less than one-minute left in the game but only a maximum of 3 players may play defense while pressing