



**SAN CARLOS RECREATION BASKETBALL LEAGUE  
RULES**

**Below are the City of San Carlos Youth Basketball League Rules. League rules may be amended at the discretion of the league supervisor & referees. Referees may adjust in game officiating for the sake of game play and player development.**

**1. Players:**

- a. A team must have four players to start a game. During a game, no team is to play with less than four players.
- b. If a team has only four players, the opposing team has the option of playing 4-on-4 or letting the other team borrow a player. This will not be counted as a forfeit.
- c. If a team has less than four players, please still show up for the game. The league referees will combine teams to allow the game to be played as scheduled.
- d. All teams must play with the same number of players (i.e. 4-on-4 or 5-on-5).
- e. The league may switch players on teams during the first 2 weeks of the season to create balance on teams.

**2. Equipment:**

- a. Uniform- Each player will be issued a team shirt that is kept by the player at the conclusion of the season.
- b. Wristbands- Kindergarten/1st Grade will be provided with wristbands to practice person to person defense.
- c. Shoes - Rubber-soled shoes only.
- d. Ball Size
  - i. Kindergarten/1st Grade & 2nd/3rd Grade: Size 5
  - ii. 4th/5th/6th Grade: Size 6
- e. Hoop Height:
  - i. Kindergarten/1st Grade: 8-foot hoop
  - ii. 2nd/3rd Grade: 9-foot hoop
  - ii.4th/5th/6th Grade: 10-foot hoop

**3. Practice:** Practice is held 30 minutes-one hour prior to the start of the game at the outdoor basketball courts at Burton Park.

**4. Playing Periods:** There will be four 10-minute running clock periods for all games.

**5. Time Outs:** One per game.

**6. Tie Games:** Will end in tie, no overtime period will be played.

**7. Playing Time Rule:** All players must have equal playing time.

**8. Pressing:** There is no full court pressing. Defensive Players must fall back to half court before defending a player.

**9. Defense:** Person to person defense only. **No zone defense. No stealing from the ballhandler, defense may steal passes.**

**10. Ball Handling & Body Positioning:** Coaches should focus on developing fundamentals including:

- a. Dribbling, passing, and catching the ball
- b. Defending, rebounding, following
- c. Pivoting, screening, defensive positioning
- d. Finishing, shooting, jump stopping

**11. Violations:**

- a. Ball Handling
  - i. Intentionally kicking the ball
  - ii. Traveling
  - iii. Double dribbling
  - iv. Carrying the ball. A player's hand must be on top of the ball
  - v. Taking longer than five seconds to inbound the ball
- b. Back Court
  - i. A team has ten seconds to advance the ball past half court
  - ii. If a team takes longer than 10 seconds to advance the ball past half court, a foul will be called, resulting in a turnover
  - iii. Once the ball has passed half court, it may not return to the other half of the court. If a player passes half court with the possession of the ball, then crosses back to the other half of the court, a foul will be called. This will result in a turnover
- c. Out of Bounds
  - i. Causing the ball to go out of bounds
  - ii. The player who throws the ball inbounds and then touches the ball before another player has touched it.
  - iii. Throwing the ball from out of bounds directly into the basket
  - iv. Handing the ball inbounds
  - v. Defensive player can't touch the ball while an offensive player is holding the ball trying to inbound
  - vi. The ball is taken out by a member of the non-violating team at the point where the violation was committed

**12. Fouls:**

- a. Pushing, Tripping, Blocking, Charging, Reaching In, Hand Checking
- b. Coach entering the court
- c. Too many players on the court
- d. Technical Fouls
  - i. Delay of the game
  - ii. Unsportsmanlike conduct- Using profanity or disrespectfully addressing officials or other players

**13. Scoring:**

- a. Scoring will not be kept during Kindergarten/ 1st grade & 2nd/3rd grade leagues.
- b. A field goal is worth two points- The ball is returned into play by the non-scoring team from the baseline of the basket where the point(s) were scored. The ball does not need to be touched by the official in this situation, and the inbounding player has the entire baseline from which to inbound the ball to a teammate.
- c. Free Throw- There will be no free throws

**14. When Bringing the Ball in Play:**

- a. Defense must give three feet
- b. Ball can be thrown anywhere on the court, as long as it is touched by a player within five seconds

**15. Coaches' Reminders:**

- a. It is the coach's responsibility to keep all fans under control – only positive comments are allowed.
- b. Coaches need to clean up their bench area following their game.
- c. Coaches need to leave the bench area and field in a timely fashion following a practice or game as a courtesy to the team playing or practicing next.
- d. Practice times are closely monitored. Please be off the court at or before the designated time.
- e. No dribbling basketball by waiting teams during play.

For questions or concerns, please contact Recreation Coordinator Holly Gonzales at [hgonzales@cityofsancarlos.org](mailto:hgonzales@cityofsancarlos.org).