

# Star Basketball Rules (Winter 2026)

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## Game Timing

- **Start Time:** All games must begin on time to stay on schedule. Game clock will start at the designated time.

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## Game Format

- **Quarters:** Four 8-minute quarters for all age groups.
- **Breaks:** 1-minute break between quarters.
- **Clock Rules:** In the 7<sup>th</sup> & 8<sup>th</sup> grade division, the clock stops during the final 4 minutes.

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## Substitutions

- Allowed during any stoppage of play.

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## Wristband Guidelines

- Applied by coach at half-court before tip-off.
- Can be changed during the game if needed.
- Used to match players by skill level for balanced competition.
- Referees may adjust pairings if necessary.

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## Sportsmanship Rule

- If a team leads by **20 points**, their score will pause until the other team scores.

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## Division Specifications

### Pre K – K

- **Ball:** 25.5 inches
- **Basket:** 6 feet (with extension)
- **Court:** Cross court, baskets face east and west.
- **Rules:**
  - Start the Game with a Jump Ball
  - 5 Players allowed on the court
  - Wristbands required for man-to-man defense
  - No stealing allowed

### 1st – 2nd Grade

- **Ball:** 25.5 inches
- **Basket:** 8 feet
- **Rules:**
  - Start the Game with a Jump Ball
  - 5 Players allowed on the court
  - Wristbands required for man-to-man defense
  - No stealing allowed

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## 3rd – 4th Grade

- **Ball:** 27.5 inches
- **Basket:** 9 feet
- **Rules:**
  - Start the Game with a Jump Ball
  - 5 Players allowed on the court
  - NO Wristbands
  - Man-to-Man Defense or Zone Defense
  - Stealing allowed
  - No full-court press

## 5th – 6th Grade

- **Ball:** Girls – 27.5 | Boys – 28.5 inches
- **Basket:** Girls – 9 ft | Boys – 10 ft
- **Rules:**
  - Start the Game with a Jump Ball
  - 5 Players allowed on the court
  - NO Wristbands
  - Man-to-Man Defense or Zone Defense
  - Stealing allowed
  - No half-court press until final 4 minutes

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## 7th – 8th Grade

- **Ball:** Girls – 28.5 | Boys – 29.5 inches
- **Basket:** 10 feet
- **Rules:**
  - Start the Game with a Jump Ball
  - 5 Players allowed on the court
  - NO Wristbands
  - Man-to-Man Defense or Zone Defense
  - Stealing allowed
  - No half-court press until final 4 minutes

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## 🚫 Violations & Penalties

Referees award the ball to the opposing team for:

- **Double Dribble:** Using both hands and restarting dribble after stopping.
- **Traveling:** Moving without dribbling.
- **Striking the Ball:** Punching or kicking the ball.
- **Backcourt Violation:** Returning the ball to the backcourt after crossing midcourt.
- **3-Second Violation:** Staying too long in the key.
- **5-Second Violation:** Failing to inbound within 5 seconds.

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## ! Personal Fouls

**Definition:** Any illegal physical contact, including holding, hitting, tripping, pushing, or charging.

- **During a Shot:**
  - **Grades 5–8:** The shooter is awarded free throws.
  - **Grades 3–4:** The offensive team is awarded **2 points and possession of the ball.**
- **Team Fouls (Grades 5–8 only):**
  - **7–9 team fouls:** The fouled player receives a **one-and-one** free throw opportunity.
  - **10 or more team fouls:** The foul player receives **two free throws.**