

Star Basketball Rules (Winter 2026)

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 7th & 8th 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**.