

Basketball Heights and Ball Sizes:

Level	BK Size	Rim Height
Kindergarten	Jr (5)	8'
1 st Boys	Intermediate (6)	8'
1 st /2 nd Girls	Intermediate (6)	8'
2 nd Boys	Intermediate (6)	8'
3 rd Boys	Intermediate (6)	9'
4 th Boys	Intermediate (6)	10'
3 rd /4 th Girls	Intermediate (6)	9'
5 th Boys	Official (7)	10'
5 th /6 th Girls	Intermediate (6)	10'
6 th Boys	Official (7)	10'
7 th /8 th Boys	Official (7)	10'
7 th /8 th Girls	Intermediate (6)	10'

Kindergarten- 4th Grade Rules

Game Length: Two halves of 18 minutes each. Will sub every 6 minutes. It will be a running clock, with the exception of the clock stopping in the following situations:

- i. **Final one (1) minute of the first half**
- ii. **Final two (2) minutes of the second half**
- iii. **Timeouts**
- iv. **Injuries**
- v. **Referee Discretion**

Half Time: Teams will be given 3-minutes at half time. Half time may be shortened if needed.

Timeouts: Each team will have three (3) thirty second timeouts per GAME.

Scores: Game scores will be kept for this league, but standings/records will not be posted. There will be NO overtime. The game is declared a tie.

Free Throw Line (3rd/4th Grade Only): Players will shoot free throws from the inside circle of the lane or closest marked line. Players can shoot from regular free throw line if they like. All free throws will be 1, 2 or 3 shots (Based on situation). There are NO 1-and-1 in this level.

Fast Break: K-2nd should not be fast breaking. Levels 3-4, are allowed to fast break, but if offense brings up the ball slow, the defense needs to drop back and set up below the top of the key (Defense; point b)

Time in the Lane: The length of time to be in the lane while the ball is in the front court will be 8 seconds. If a player is in the lane for longer than 8 seconds, coaches will encourage players to vacate the lane.

Defense

- a.) All teams required to play man to man defense the entire game
- b.) Defense has to stay below the top of the key which should allow the offensive team to "set-up". **3rd/4th grade teams may pick up at half court the last minute of the first half and the final two minutes of the second half.**
- c.) Zone defense or sagging in the middle is not allowed
- d.) Slight double teaming "help and recover" is allowed ONLY in the lane. Double teaming away from the ball is not allowed.
- e.) Switching is allowed if a defensive player is screened
- f.) Stealing is NOT allowed when player is dribbling or has the ball in their possession. Ball CAN be stolen on a pass (Kindergarten -2nd Grade; 3rd-4th stealing is allowed at any time)

Fouls will be kept by the scorekeeper. Each player is entitled to 5 personal fouls

Miscellaneous: Once a 15-point gap is reached, the leading team score should not be advanced on the scoreboard until the differential again falls below 15 points. Violations such as traveling, double dribbling and 5 seconds in the lane will normally be called loosely but are always at the discretion of the referee.

5th -8th Grade Rules

Game Length: Two halves of 18 minutes each. Free substitution at this level. It will be a running clock, with the exception of the clock stopping in the following situations:

- i. **Final one (1) minute of the first half**
- ii. **Final two (2) minutes of the second half**
- iii. **Timeouts**
- iv. **Injuries**
- v. **Referee Discretion**

Half Time: Teams will be given 3-minutes at half time. Half time may be shortened if needed.

Timeouts: Each team will have three (3) thirty second timeouts per GAME. No timeouts may be carried over into overtime. Each team will be allowed one (1) thirty-second timeout for overtime.

Overtime: One – three-minute period. Games will be finished even if both teams are tied after the end overtime period.

Free Throw Line: Players will use regular free throw line.

Defense

1. Teams are permitted to play zone or man to man defense at any time.
2. The rule regarding when a full-court defense can be used differs depending on age-group:
 - i. **For 5th & 6th Grades: Full-court defense will be allowed only in the last minutes of the first half, last two minutes of the second half and overtime. Teams will NOT be allowed to PRESS after they are leading by 15 points.**
 - ii. **For 7th & 8th Grades: Full-court defense is allowed at any time during the game. Teams will NOT be allowed to PRESS after they are leading by 15 points.**
3. Any team that has a 15-point lead or greater must set up their defense below the three-point circle (i.e. -no half-court press). Teams leading by 15 points or greater cannot fast break and must bring the ball up slowly. Fast break is defined as pushing the ball up the floor quickly after a rebound or turn over.

Half Court Pressure -Half court defense (starting your defense at half court) may be played at any time, with the exception when a team is winning by 15 points.

B. Fouls

- a.) **Personal Fouls:** Fouls will be kept by the scorekeeper. Each player is entitled to 5 personal fouls per game before being disqualified. Note: Technical fouls called on players count as personal fouls.
- b.) **Bonus and Double Bonus:** Bonus will apply on the 7th team foul in each half. Double bonus will apply on the 10th team foul in each half.
- c.) **Miscellaneous:**

- a. At no time should the score differential be more than 20 points. Once a 20-point gap is reached, the leading team score should not be advanced on the scoreboard until the differential again falls below 20 points.

