



## YOUTH BASKETBALL GUIDELINES & RULES

The youth basketball leagues for 3<sup>rd</sup> graders and 4<sup>th</sup> graders are very low key. The main purpose of these leagues is to create a learning experience where participants can HAVE FUN! There will be no officials. We would like the coaches out on the floor to officiate and coach at the same time. If a player makes a mistake, stop play and explain what they did wrong. The first time, give them the ball back. If they make the same mistake again, the ball should go to the other team. Fouls will be kept track of and teams can get in a bonus situation. This gives the participants the opportunity to learn how to line up for a foul shooting situation.

### 3<sup>RD</sup> & 4<sup>TH</sup> GRADE LEAGUE RULES

- Games will consist of four 8-minute quarters. The clock will be a running clock and will only stop for time-outs and shooting fouls.
- Time-outs are limited to one minute each. Teams will get two time-outs each half (no carryover).
- Teams must play a man-to-man defense – no zone defense. No double teaming is allowed.
- Colored wristbands will be worn by the players during the game in order to help remind the players who they should be guarding. At the beginning of each quarter, coaches should try to defensively match-up players of similar ability and size.
- No full court pressing will be allowed.
- No score will be kept on the scoreboard. We urge coaches and parents NOT to keep score.
- Each player must sit out one complete quarter. We will allow half of one quarter and half of another quarter. Coaches need to make sure players sit out the equivalent of one full quarter. If a team has only six players, the best player must sit out one complete quarter. **It is very important that you try to let each player on your team play in three out of the four quarters of each game.**
- Players not in uniform (jersey provided by the city) will not be allowed to play. Hats, watches, and jewelry cannot be worn during the game.
- At the end of the season, sportsmanship awards will be given to the team that has shown the best sportsmanship throughout the season. Sportsmanship scores will be determined based on the criteria outlined in the Youth Sports Sportsmanship Policy.
- 3<sup>rd</sup> Grade Leagues
  - 3<sup>rd</sup> grade girls game location: TBD
  - 3<sup>rd</sup> grade boys game location: Spanish Fork Jr. High School
  - Ball size: A women's size ball (28.5) will be used for these leagues
  - Basket height: 8 feet (most locations allow for hoop height adjustments – ask the site supervisor to adjust the hoop to your team's needs for practices)
- 4<sup>th</sup> Grade Leagues
  - 4<sup>th</sup> grade girls game location: TBD
  - 4<sup>th</sup> grade boys game location: Spanish Fork Jr. High School
  - Ball size: A women's size ball (28.5) will be used for these leagues
  - Basket height: 9 feet (most locations allow for hoop height adjustments – ask the site supervisor to adjust the hoop to your team's needs for practices)

### IMPORTANT DATES

- The league starts on Saturday, December 7<sup>th</sup>
- No practices or games from December 16<sup>th</sup> to January 6<sup>th</sup>





## YOUTH BASKETBALL GUIDELINES & RULES

- **Game time:** Game time will consist of four 8-minute quarters with the clock stopping only for time-outs and shooting fouls for the first seven minutes in quarters one, two and three. The clock will stop the last minute of quarters one, two and three on each violation. In the fourth quarter, the clock will stop on time-outs and shooting fouls for the first six minutes and stop on each violation the last two minutes.
- **Free throws:** A player will be awarded free throws if they are fouled on a shooting attempt at any point in the game. Teams will enter a “bonus” situation when their opponent commits five fouls in a quarter. When a team is in the bonus, they will shoot two free throws for common fouls (no longer one-and-one). Fouls will reset at the end of each quarter.
- **Time-outs:** Time-outs are limited to one minute each. Teams will get two time-outs each half (no carryover) and one time-out each overtime period, including sudden death overtime.
- **Overtime:** If the score is tied at the end of regulation time, a three-minute overtime will be played. If the score is still tied at the end of the overtime, teams will play a sudden death overtime period. Sudden death starts with a tip off and the first team to score is the winner.

### 5<sup>TH</sup> & 6<sup>TH</sup> GRADE LEAGUE RULES

- **Defense:** Teams must play a man-to-man defense – no zone defense. No double teaming. No full court pressing will be allowed during the first three quarters of play. Teams may implement a full court press during **the last two minutes of the fourth quarter**. No full court pressing will be allowed by a team that is ahead by 15 points or more.
- **Uniforms:** Players not in uniform (the jersey provided by the city) will not be allowed to play. Hats, watches, and jewelry cannot be worn during the game.
- **Subbing:** Coaches need to make sure each player sits out the equivalent of one full quarter. We will allow half of one quarter and half of another quarter. If a team has only six players, the best player must sit out one complete quarter. **Each player should play in three out of the four quarters of each game.**
- **Sportsmanship:** At the end of the season, sportsmanship awards will be given to the team that has shown the best sportsmanship throughout the season. Sportsmanship scores will be determined based on the criteria outlined in the Youth Sports Sportsmanship Policy.
- **5<sup>th</sup> Grade Leagues**
  - 5<sup>th</sup> grade girls game location: Diamond Fork Middle School
  - 5<sup>th</sup> grade boys game location: Diamond Fork Middle School
  - Ball size: A women’s size ball (28.5) will be used for these leagues
  - Basket height: 10 feet regulation height
- **6<sup>th</sup> Grade Leagues**
  - 6<sup>th</sup> grade girls game location: Diamond Fork Middle School
  - 6<sup>th</sup> grade boys game location: Maple Mountain High School
  - Ball size: A women’s size ball (28.5) will be used for these leagues
  - Basket height: 10 feet regulation height

### IMPORTANT DATES

- The league starts on Saturday, December 7<sup>th</sup>
- No practices or games from December 16<sup>th</sup> to January 6<sup>th</sup>





## **YOUTH BASKETBALL GUIDELINES & RULES**

- **Game time:** Game time will consist of four 8-minute quarters with the clock stopping only for time-outs and shooting fouls for the first seven minutes in quarters one, two and three. The clock will stop the last minute of quarters one, two and three on each violation. In the fourth quarter, the clock will stop on time-outs and shooting fouls for the first six minutes and stop on each violation the last two minutes.
- **Free throws:** A player will be awarded free throws if they are fouled on a shooting attempt at any point in the game. Teams will enter a “bonus” situation when their opponent commits five fouls in a quarter. When a team is in the bonus, they will shoot two free throws for common fouls (no longer one-and-one). Fouls will reset at the end of each quarter.
- **Time-outs:** Time-outs are limited to one minute each. Teams will get two time-outs each half (no carryover) and one time-out each overtime period, including sudden death overtime.
- **Overtime:** If the score is tied at the end of regulation time, a three-minute overtime will be played. If the score is still tied at the end of the overtime, teams will play a sudden death overtime period. Sudden death starts with a tip off and the first team to score is the winner.

### **7<sup>TH</sup> & 8<sup>TH</sup> GRADE LEAGUE RULES**

- **Defense:** Teams can play a man-to-man defense or a zone defense. Teams may trap or double team if they choose. Full court pressing is allowed. No full court pressing will be allowed by a team that is ahead by 15 points or more.
- **Uniforms:** Players not in uniform (the jersey provided by the city) will not be allowed to play. Hats, watches, and jewelry cannot be worn during the game.
- **Subbing:** Coaches need to make sure each player sits out the equivalent of one full quarter. We will allow half of one quarter and half of another quarter. If a team has only six players, the best player must sit out one complete quarter. **Each player should play in three out of the four quarters of each game.**
- **Sportsmanship:** At the end of the season, sportsmanship awards will be given to the team that has shown the best sportsmanship throughout the season. Sportsmanship scores will be determined based on the criteria outlined in the Youth Sports Sportsmanship Policy.
- **7<sup>th</sup>/8<sup>th</sup> Grade Girls League**
  - 7<sup>th</sup>/8<sup>th</sup> grade girls game location: Maple Mountain High School
  - Ball size: A women’s size ball (28.5) will be used for this league
  - Basket height: 10 feet regulation height
- **7<sup>th</sup> Grade Boys & 8<sup>th</sup> Grade Boys Leagues**
  - 7<sup>th</sup> grade boys game location: Spanish Fork High School
  - 8<sup>th</sup> grade boys game location: Spanish Fork High School
  - Ball size: A men’s size ball (29.5) will be used for these leagues
  - Basket height: 10 feet regulation height

### **IMPORTANT DATES**

- The league starts on Saturday, December 7<sup>th</sup>
- No practices or games from December 16<sup>th</sup> to January 6<sup>th</sup>