



Youth Basketball League Rules

4-5 yrs. old Rules:

- Clock time: Six 5-minute quarters. Clock does not stop during a quarter. 5-minute halftime between quarter 3 and quarter 4. 30 seconds between each quarter.
- No substitutions during a quarter unless needed due to injury or major issues.
- Each player must play at least 1 full quarter. (Remember it is a recreational league.)
- Coaches for both teams are acting referees/coaches on the floor during the game. (More coaching than refereeing. Whistles will be provided.)
- No keeping scores.
- Goal height: 7.5 ft
- No Press defense. Only half-court defense. (Zone) *Defensive players are to remain in box while playing defense*
- Fouls will be called. (3 fouls in a quarter from the same player and that player must sit out the remainder of that quarter but can come back in after that quarter has ended.)
- No traveling called unless making an advance towards the basket to score or pass. (Encourage the kids to keep their dribble, and as the season progresses call this a little tighter.)

6-7 yrs. old Rules:

- Clock time: Six 5-minute quarters. Clock does not stop during a quarter. 5-minute halftime between quarter 3 and quarter 4. 30 seconds between each quarter.
- No substitutions during a quarter unless needed due to injury or major issues.
- Score is kept.
- Goal Height: 8ft
- Players will shoot foul shots if fouled in the act of shooting(From black line)
- Each player must play at least 1 full quarter. (Remember it is a recreational league.)
- 1 Referee provided per game.
- No Press defense. Must remain inside the 3pt line. (Man or Zone)
- Fouls will be called. (3 fouls in a quarter from the same player and that player must sit out the remainder of that quarter but can come back in after that quarter has ended.)

- No traveling called unless making an advance towards the basket to score or pass. (Encourage the kids to keep their dribble, and as the season progresses call this a little tighter.)

8-9 yrs. old Rules:

- Clock time: Two 20 min halves. Clock does not stop during a half (Clock stops in the last 2 minutes of the second half or on a referee time out.) 3-minute halftime.
- 1 Referee provided per game.
- Score is kept.
- Goal Height: 9ft
- Ball size: 28.5 in
- No Press defense (until last 2 min of the second half.) Only half-court defense. (Man or Zone)
- A team with a 20-point lead or more will not be allowed to fast break. Defense must also set up inside the 3-point line.
- TSSAA officiating rules. (See TSSAA handbook... 5 personal fouls, Bonus & Double Bonus, minimal contact, etc.)
- 20 points hurry up rule. (Clock does not stop if team is up 20 or more)
- Regulation substitutions, player must check in at center quart on team bench side. Each player must play. (Remember it is a recreational league.)
- 1st Technical Foul of league= 2 min penalty time, 2nd Technical Foul of League = Suspended for remainder of game, must sit out next game, 3rd Technical Foul of league = Meeting with league Coordinator.
- Overtime: 2 min regulation clock. Second overtime is 1 min regulation clock. Repeat until game ends with a winner.
- Timeouts: 4 per game (Can be used at any point in the game). 1 timeout added to remaining timeouts per overtime.
- Minimum number to start the game is 4 players. Less than 4 players will result in a forfeit.

10-13 yrs old Rules:

- Clock time: Two 20 min halves. Clock does not stop during a half (Clock stops in the last 2 minutes of the second half or on a referee time out.) 5-minute halftime.
- 2 Referee provided per game.
- Score is kept.
- Goal Height: 10ft
- Ball size: 29.5
- Press Defense allowed.
- TSSAA officiating rules. (See TSSAA handbook... 5 personal fouls, Bonus & Double Bonus, minimal contact, etc.)
- 20 point hurry up rule. (Clock does not stop if team is up 20 or more)
- A team with a 20 point lead or more will not be allowed to fast break. Defense must also set up inside the 3 point line.
- Regulation substitutions. Each player must play. (Remember it is a recreational league.)
- 1st Technical Foul of league= 2 min penalty time, 2nd Technical Foul of League = Suspended for remainder of game, must sit out next game, 3rd Technical Foul of league = Meeting with league Coordinator.
- Overtime: 2 min regulation clock. Second overtime is 1 min regulation clock. Repeat until game ends with a winner.
- Timeouts: 4 per game (Can be used at any point in the game). 1 timeout added to remaining timeouts per overtime.
- Minimum number to start the game is 4 players. Less than 4 players will result in a forfeit.
- Mandatory Devotional reading at half time with your team. (Devotional booklets will be provided, so all you have to do is read it to them.)

14-17 yrs old Rules:

- Clock time: Two 20 min halves. Clock does not stop during a half (Clock stops in the last 2 minutes of the second half or on a referee time out.) 5-minute halftime.
- 2 Referee provided per game.
- Score is kept.

- Goal Height: 10ft
- Ball size: 29.5
- Press Defense allowed.
- TSSAA officiating rules. (See TSSAA handbook... 5 personal fouls, Bonus & Double Bonus, minimal contact, etc.)
- 20 points hurry up rule. (Clock does not stop if team is up 20 or more)
- Regulation substitutions. Each player must play. (Remember it is a recreational league.)
- 1st Technical Foul of league= 2 min penalty time, 2nd Technical Foul of League = Suspended for remainder of game, must sit out next game, 3rd Technical Foul of league = Meeting with league Coordinator.
- Overtime: 2 min regulation clock. Second overtime is 1 min regulation clock. Repeat until game ends with a winner.
- Timeouts: 4 per game (Can be used at any point in the game). 1 timeout added to remaining timeouts per overtime.
- Minimum number to start the game is 4 players. Less than 4 players will result in a forfeit.