



YOUTH BASKETBALL - RECREATIONAL LEAGUE RULES AND REGULATIONS 5-6, 7-8 & 9-10 AGE DIVISIONS

A: UNIFORMS

1. Uniforms will be distributed to each registered player.
 - A. Everyone (including head coaches) MUST wear their uniforms to all games.
2. Players are encouraged to wear shorts (although not mandatory) that match the uniform.
3. Athletic/basketball shoes are required. NO black hard-soled shoes are allowed.
4. Only City of Peoria registered players may participate in games and practices.
5. Players with a hard cast cannot participate in practices or games.

B: BALL SIZE AND BASKET HEIGHTS

1. The size of the ball will be:
 - A. 5-6 CoedJUNIOR SIZE (27.5 cm)
 - B. 7-8 CoedJUNIOR SIZE (27.5 cm)
 - C. 9-10 Boys.....INTERMEDIATE SIZE (28.5 cm)
 - D. 9-10 GirlsINTERMEDIATE SIZE (28.5 cm)
2. The height of the basket will be set at:
 - A. 5-6 Coed8 feet
 - B. 7-8 Coed9 feet
 - C. 9-10 Boys.....10 feet (regulation)
 - D. 9-10 Girls10 feet (regulation)

C: THE GAME, TIME, AND TIME-OUTS

1. A game will consist of two (2) twenty-four (24) minute, running clock halves.
 - A. 5-6 coed & 7-8 coed divisions
 - i. The clock will not stop except for injuries or time-outs.
 - B. 9-10 boys & 9-10 girls divisions
 - i. The clock will only stop during the last two (2) minutes of the game and for injuries or time-outs.
 - a. Exception: If a team is leading by twenty (20) points at any time during the last two (2) minutes, the clock will continue to run.
2. Each team will receive one (1) time-out per half.
 - A. Time-outs will be limited to thirty (3) seconds in length.
3. Halftime will be three (3) minutes in length.
4. The start of each game, and overtime, will be with a jump ball.
 - A. All other jump ball situations will be an alternate possession with the team holding the possession arrow taking the ball out-of-bounds at the spot nearest the situation causing the stoppage in play.
5. Teams will switch baskets after halftime.
6. Tie Game (end of regulation)
 - A. The game will end in a tie.
7. *If the point differential goes to above twenty (20) points the score of the game will be taken off the board. If the score of the game falls back to under twenty (20) points the score will be reposted. The clock will continue to be shown while the score is not posted on the scoreboard.*

D: PLAYERS AND SUBSTITUTES

1. Five (5) players constitute a full team on the court.
 - A. A team can play with as few as four players (if needed). If a team falls to less than four players, players from the opposing team can join that team for the remainder of the game, or if the opposing coach is not comfortable with that situation the game can continue with each team playing with the same number of players or one more than the other team who only has three. Ultimately the game can be stopped if nothing can be decided. Every attempt will be made to provide an official game for the player in attendance. Game officials will help guide the situation and have final say about what will be done.
2. Referees will stop the game every six (6) minutes for substitutions. The clock will run during this change over in players.
 - A. Players may only enter the game during the substitution period.
 - i. Exception: To replace an injured or sick player.
 - ii. Exception: Teams carrying more than ten (10) players on their roster.
 - B. Coaches will set matchups during substitution periods.
 - i. Exception: In the 9-10 division coaches may assign a player/team captain to assist with match ups on the floor.
 - ii. Colored wristbands will be used to help players find their man during play. (ages 8 and under only)
 - C. All players who did not play the prior rotation must enter the game at this time.
 - D. A player should play a minimum of twelve (12) minutes per half.
 - i. If a team has more than 10 players they should be rotated equally.
 - a. Tip: Writing the line-up out prior to the game has been a helpful tool for some coaches in past seasons.



E: LANE VIOLATIONS

1. An *Offensive Lane Violation* occurs when an offensive player is stationary inside the lane for more than the time allowed.
 - A. Five (5) seconds
2. A *Defensive Lane Violation* occurs when a defensive player is in the lane (with at least one foot) without defending their man.
 - A. Five (5) seconds
 - B. All defensive players will be allowed to defend the player with the ball (who is not necessarily their assigned player to defend) when that offensive player has possession of the ball in the lane/key area (including double teams).

F: DEFENSE

1. Defensive Requirement
 - A. Man-to-Man
2. Change of Possession
 - A. Each defensive player must retreat behind the top of the **THREE POINT ARC**.
 - B. Once an offensive player advances the ball past mid-court, defensive players are allowed to come forward and guard man-to-man anywhere on their defensive half of the court.
3. Pressing
 - A. No full court press will be allowed at any time.
4. Illegal Defense
 - A. An off ball defender may only have one foot in the lane (unless the player they are guarding has taken a position in the lane) and must move in tandem with the player they are guarding.
 - i. If the player they are guarding receives the ball the defender must make an obvious attempt to guard their man in an identifiable defensive position/movement.
 - B. All defensive players will be allowed to defend the ball when an offensive player has possession of the ball in the lane/key area (including double teams).
5. Help Defense
 - A. Defensive players are allowed to play help defense.
 - B. If an offensive player passes their defender, an off ball defender is allowed to assist. Once the original defensive player recovers, the "help" defender must return to their original offensive player.
 - C. Teams will receive one warning for playing illegal defense.
 - i. A second illegal defensive will result in a technical foul on the defense.
6. Special Rules - 5-6 coed & 7-8 coed ONLY
 - A. A Defensive player cannot steal or swat the ball from an offensive player who is holding or dribbling the ball.
 - B. Defensive players may only use the "hands up" or "hands out" technique when guarding an offensive player.
 - C. A defensive player may block a shot as long as they stay in their vertical plane and do not reach forward toward the offensive player.
 - D. A passed ball may always be stolen or intercepted, provided it is clearly in the air and not possessed by an offensive player.

G: FOULS

1. 5-6 coed & 7-8 coed divisions
 - A. No personal fouls will be kept.
2. 9-10 boys & 9-10 girls divisions
 - A. Players will be given five (5) personal fouls per game.
 - B. Upon committing their fifth personal foul a player will be disqualified for the remainder of the game.
3. A player/coach who receives two technical fouls during a single game will be ejected and will be suspended for a minimum of one additional game.
 - A. Any additional technical fouls during the remainder of the season by coach/player may subject them to immediate dismissal from a game or the season.
 - B. Any intentional foul will be defined as there being no attempt to play the ball.
 - C. A flagrant foul will be defined as a foul with intent to commit harm.
 - D. Any incident will go to the Recreation Coordinator for Youth Sports for further review.

H: FREE THROWS

1. 5-6 coed & 7-8 coed divisions
 - A. There will be no free throws awarded to any person for the entire game.
2. 9-10 boys & 9-10 girls divisions
 - A. There will be no free throws awarded for the entire first half and first 22 minutes of the second half.
 - i. On all common fouls, the offended team will be awarded the ball out-of bounds at the spot nearest to where the foul occurred.
 - a. On the **SEVENTH** team foul of the half, one (1) point will be awarded for every common foul with the team being fouled retaining possession of the ball.
 - i. Exception: Player Control / Offensive Fouls
 - b. On the **TENTH** foul, two points will automatically be awarded for every common foul with the team being fouled retaining possession of the ball.
 - i. Exception: Player Control / Offensive Fouls
 - ii. When a player is fouled in the act of shooting:
 - a. If the shot is missed his/her team is automatically be awarded one point and the ball out-of-bounds at the nearest point of infraction.



- b. If the shot is made the basket will count plus one additional point will be added. The opposing team will then receive the ball out-of-bounds under the basket.
 - iii. When a player is fouled in the act of shooting a three (3) point shot:
 - a. If the shot is missed his/her team is automatically awarded two points and the ball out-of-bounds at the point nearest the infraction.
 - b. If the shot is made the basket will count and one additional point will be added. The opposing team will then receive the ball out-of-bounds under the basket.
 - iv. If an intentional, technical or flagrant foul is called, two (2) points will be awarded to the offended team, plus the offended team will receive the ball out-of-bounds.
- B. During the final two (2) minutes of the game and overtime.
 - i. On all common fouls, the offended team will be awarded the ball out-of bounds at the spot nearest to where the foul occurred.
 - a. On the SEVENTH team foul of the half, the player being fouled be awarded a one-and-one foul shot situation.
 - i. Exception: Player Control / Offensive Fouls
 - b. On the TENTH foul, the player being fouled will be awarded two foul shots.
 - i. Exception: Player Control / Offensive Fouls
 - ii. When a player is fouled in the act of shooting:
 - a. If the shot is missed, common foul rules will be observed.
 - b. If the shot is made the basket will count and the player fouled will shoot one additional free throw.
 - iii. When a player is fouled in the act of shooting a three (3) point shot:
 - a. If the shot is missed the player fouled will receive three (3) free throws.
 - b. If the shot is made the basket will count and player fouled will shoot one additional free throw.
 - iv. If an intentional, technical or flagrant foul is called, two (2) free throws will be awarded to the offended team, plus the offended team will receive the ball out-of bounds.

I: SUMMARY OF FOULS

These apply only to the 9-10 boys & 9-10 girls divisions

1. Personal Foul
 - A. Foul will be assigned to a specific player (5 fouls max / game / player)
 - B. Offended team will receive ball out of bounds
2. Intentional Foul – Defined as *the player making no attempt to play the ball*
 - A. Foul will be assigned to a specific player (5 fouls max / game / player)
 - B. Two points will automatically be awarded to the offended team, except during the final two minutes of the game; then two (2) free throws will be awarded to the offended team
 - C. Offended team will receive ball out of bounds
3. Technical Foul
 - A. Foul will be assigned to a specific player (5 fouls max / game / player)
 - B. Two points will automatically be awarded to the offended team, except during the final two minutes of the game; then two (2) free throws will be awarded to the offended team
 - C. Offended team will receive ball out of bounds
4. Flagrant Foul – Defined as *a foul with intent to commit harm*
 - A. Foul will be assigned to a specific player (5 fouls max / game / player)
 - B. Offending player must sit out of game for 5:00 minutes and may be subject to ejection as decided by the game officials
 - C. Two points will automatically be awarded to the offended team, except during the final two minutes of the game; then two (2) free throws will be awarded to the offended team
 - D. Offended team will receive ball out of bounds

J: OFFICIAL'S ELASTICITY CLAUSE

The basketball rules in this handout may not cover all rules/situations that could occur in a City of Peoria youth basketball game. Those rules and situations not covered in this hand out will be governed by commonly accepted basketball rules as understood by the officials.