



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) should 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.

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. Running clock only stops on time-outs or injury.
2. Halftime will be three (3) minutes.
3. The start of each game, and overtime, will be with a jump ball.
4. 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. The clock will stop during the last two (2) minutes of the game on all dead ball situations.
 - A. Exceptions
 - i. Clock will not stop in the 5-6 coed or 7-8 coed divisions.
 - ii. In the 9-10 division the clock will not stop if the score differential is more than twenty (20) points during the last two minutes of play.
 - a. If the score differential drops back under twenty (20) points the clock will then stop on all dead ball situations in the 9-10 division ONLY.
7. Each team will be allotted one (1) team time out per half.
8. Time outs will be limited to thirty (30) seconds in length.
9. *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
 - 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. All technical fouls will be two (2) points and possession of the ball.
4. 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. Player technical fouls regarding conduct will also be assessed to the coach, adding to there daily/season total.

H: FREE THROWS

1. No free throws will be shot at any time in the 5-6, 7-8 divisions or in the first half and first 22 minutes of a 9-10 division game.
2. 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
3. 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.
4. 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.

5. During the final two (2) minutes of the game and overtime for the 9-10 division ONLY:
6. 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
7. 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.
8. 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.
9. If an intentional foul is called, two points will automatically be awarded, plus the offended team will receive the ball out-of bounds.
10. If a flagrant foul is called, two points will automatically be awarded, plus the offended team will receive the ball out-of bounds. The player committing the foul may be subject to ejection from the game as decided by the game officials.
 - A. An intentional foul will be defined as there being no attempt to play the ball.
 - B. A flagrant fouls will be defined as a foul with intent to commit harm.

I: 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.