



Boys & Girls Competitive Basketball (Grades 4-8) League Rules

Sportsmanship: Everyone must use good sportsmanship and conduct themselves in a professional and respectful manner at all times.

- This includes all coaches, players, parents, and fans. **Head Coaches** are responsible for the behavior of everyone associated with their team.
- We have a **zero tolerance** policy and will not tolerate bad sportsmanship from anyone.
- **Consequences** will include ejections, suspensions, removal from the league and any means necessary to ensure the kids have a safe, fun, and enjoyable youth sports experience.

Eligibility: Rosters must be submitted online via TeamSideline & are frozen 24 hours before your first game. Players may NOT play for more than one team in the same division or play lower than their grade level.

Game Time: Game time is forfeit time. Please make sure your team is available 30 minutes prior to start time. Teams may begin play with four players.

Volunteers: Each team will supply one volunteer for each game to keep the game clock **OR** scorebook.

Basket Height: 10 feet for all grades.

Basketballs: Warm-up basketballs are the responsibility of each team. JC Parks will supply the game ball.

Basketball Sizes:

- **Women's ball (28.5)** will be used for 4th-5th grade boys and **ALL** girls.
- **Men's ball (29.5)** will be used for 6th-8th grade boys.

Length of Game:

- ALL games will be two 20-minute halves with a five-minute half-time.
- **A running clock shall be used, except for the last two minutes of the game IF the point differential is 20 points or less.**
- **Otherwise, the clock will stop only if:** a timeout is called, an injury occurs, or disciplinary action is taken by an official towards a player, coach, parent, or fan.

Timeouts: Each team gets two 1-minute timeouts per half during regulation play. Time outs do not carry over.

Overtime:

- All overtime periods will be two minutes **without** a running clock.
- One 30-second timeout for each overtime period. Overtime time outs do not carry over.

3's: Three-point baskets will count for all grades.

Defense: Man-to-man or zone defense will be allowed for all grades.

Full Court Press: All full court press violations will result in a warning.

- **Grades 4-5:** If a team has a **10**-point lead or more, they cannot full court press.
- **Grades 6-8:** If a team has a **15**-point lead or more, they cannot full court press.

Lane Violations:

- **Grades 4-5:** Five seconds in the lane is enforced.
- **Grades 6-8:** Three seconds in the lane is enforced.

Fouls: Players will foul out upon committing their 5th personal foul. 1-and-1 shot on the 7th team foul each half. Two shots on the 10th team foul each half.

Free Throws: All free throws must be taken beyond the regulation free throw line. In the **4th grade** division only, players may land across the free throw line when they shoot without a violation.

Jewelry: For player safety, jewelry (ear rings, necklaces, bracelets, etc.) is not allowed while playing.

All Other Rules: If not stated above, MSHSAA rules will govern play.