



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: Players may **NOT** play for more than one team in the same division or play lower than their grade level. In other words, they can play up, but they cannot play down.

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. 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: Jewelry, ear rings, or hard surface head decorations/hair accessories are not allowed.

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