

YOUTH BASKETBALL GUIDELINES & RULES

Attention: 3rd & 4th Grade Boy's & Girl's League Coaches

The Youth Basketball Leagues for 3rd graders and 4th graders are very low key. The main purpose of these leagues is to create a learning experience where participants can HAVE FUN!

There will be no officials. We would like the coaches out on the floor to officiate and coach at the same time. If a boy or girl makes a mistake, stop play and explain what he or she did wrong. The first time, give them the ball back. If they make the same mistake again, the ball should go to the other team. Fouls will be kept track of and teams can get in a bonus situation. This gives the participants the opportunity to learn how to line up for a foul shooting situation.

3rd and 4th Grade League Rules

1. No full court pressing. Must play man to man defense, no zone.
2. No score will be kept on the scoreboard. Coaches & parents are urged NOT to keep score.
3. Colored wristbands will be worn by the players during the game in order to help remind the players who they should be guarding. At the beginning of each quarter, coaches should try to defensively match-up players of similar ability and size.
4. No double teaming allowed.
5. Each player must sit out one complete quarter (not half of the 2nd and half of the 3rd, etc.) If a team has only 6 players, the best player must sit out one complete quarter. ***It is very important that you let each player play in three out of the four quarters of each game.***
6. Players not in uniform (jersey provided by the city) will not be allowed to play.

3rd and 4th Grade Game Location

3rd and 4th Grade boys games will be played at the Spanish Fork Jr. High School Gyms. 3rd / 4th Grade Girl's games will be played on the north side & south side (cross-court) in the Spanish Fork High School North Gym. 3rd Grade Boys and 3rd/4th Grade Girls teams will be playing at an eight-foot basket height. 4th Grade Boys will play at a nine-foot basket height. Most practice locations will allow you to adjust the basket height to accommodate either height. A women's size ball (28.5) will be used in these leagues.

YOUTH BASKETBALL GUIDELINES & RULES

5th & 6th Grade Boy's & Girl's League Rules

1. No full court pressing with the exception of the last one minute of the 4th quarter when full court pressing will be allowed.
2. Must play man to man defense, no zone.
3. No double teaming allowed. Teach players to switch on a screen.
4. Each player must sit out one complete quarter (not half of the 2nd and half of the 3rd, etc.) If a team has only 6 players, the best player must sit out one complete quarter. ***It is very important that you let each player play in three out of the four quarters of each game.***
5. Players not in uniform (jersey provided by the city) will not be allowed to play.
6. There will be officials provided! These are High School age youth. Be respectful to them!

YOUTH BASKETBALL GAME TIME

Game time will consist of four 8 minute quarters with the clock running straight through for the first seven minutes in quarters 1, 2 and 3. The clock will stop the last minute of quarters 1, 2 and 3 on each violation.

In the 4th quarter, the clock will run straight through for the first 6 minutes and stop on each violation the last 2 minutes. Time outs are limited to one minute each. Teams will get two time outs each half.

If the score is tied at the end of regulation time, a three minute overtime will be played. If the score is still tied at the end of the overtime, teams will play sudden death, where the first team to score is the winner.

YOUTH BASKETBALL GUIDELINES & RULES

7th & 8th Grade Boy's League Rules

1. Any defense may be used on a full court press, but after crossing mid-court, only a man-to-man defense may be used. If your team is ahead by 15 points or more you can NOT full court press.
2. The defensive player must be trying to defend their player within five to eight feet or otherwise an illegal defense will be called. The first time is a warning, second violation will result in a 2 shot technical foul. Offensive team retains possession.
3. The man-to-man can be a switching man-to-man, but must be out of double teaming on a two second count or an illegal defense can be called which the first time is a warning, thereafter is a two shot technical foul plus possession.
4. The offense must have at least 2 players inside the 3 point line on any offensive set. If teams spread the floor for a player to go one on one an illegal offense will be called which the first time is a warning, thereafter will be a violation and the ball will be awarded to the other team.
5. Each player must sit out one complete quarter (not half of the 2nd and half of the 3rd, etc.) If a team has only 6 players, the best player must sit out one complete quarter. ***It is very important that you try to let each boy play in three out of the four quarters.***
6. Players not in uniform (jersey provided by the city) will not be allowed to play.
6. There will be officials provided! These are High School age youth. Be respectful to them!

YOUTH BASKETBALL GAME TIME

Game time will consist of four 8 minute quarters with the clock running straight through for the first seven minutes in quarters 1, 2 and 3. The clock will stop the last minute of quarters 1, 2 and 3 on each violation.

In the 4th quarter, the clock will run straight through for the first 6 minutes and stop on each violation the last 2 minutes. Time outs are limited to one minute each. Teams will get two time outs each half.

If the score is tied at the end of regulation time, a three minute overtime will be played. If the score is still tied at the end of the overtime, teams will play sudden death, where the first team to score is the winner.

YOUTH BASKETBALL GUIDELINES & RULES

7th / 8th Grade Girl's League Rules

1. No full court pressing with the exception of the last one minute of the 1st, 2nd & 3rd quarters and the last two minutes of the 4th quarter when full court pressing will be allowed. If your team is ahead by more than 15 points you can NOT full court press.
2. Must play man to man defense, no zone. The defensive player must be trying to defend their player within five to eight feet or otherwise an illegal defense will be called which the first time is a warning, thereafter is a two shot technical foul plus possession.
3. No double teaming allowed. The first time is a team warning, thereafter will be a violation and the ball will be awarded to the other team.
4. Teams will be made of 7th and 8th grade girls. Each player must sit out one complete quarter (not half of the 2nd and half of the 3rd, etc.) If a team has only 6 players, the best player must sit out one complete quarter. ***It is very important that you let each girl play in three out of the four quarters of each game.***
5. Players not in uniform (jersey provided by the city) will not be allowed to play.
6. There will be officials provided! These are High School age youth. Be respectful to them!

Game Time for 7th / 8th Grade Girls

Game time will consist of four 8 minute quarters with the clock running straight through for the first seven minutes in quarters 1, 2 and 3. The clock will stop the last minute of quarters 1, 2 and 3 on each violation.

In the 4th quarter, the clock will run straight through for the first 6 minutes and stop on each violation the last 2 minutes. Time outs are limited to one minute each. Teams will get two time outs each half.

If the score is tied at the end of regulation time, a three minute overtime will be played. If the score is still tied at the end of the overtime, teams will play sudden death, where the first team to score is the winner.