



Youth League Rules

All games will be played under the rules followed by the National Federation of High School Basketball with exceptions noted below.

1. 3rd- 6th grade use 28.5 basketball and 7th and 8th grade use 29.5 basketball
2. Only one head coach and one assistant coach allowed on the bench
3. Two Twenty Minute Halves
4. Clock stops **only** on the following:
 - a. Time Outs: Two 30 second time outs per half; time outs **do not** carry over
 - b. Free throws
 - c. Last minute of the game if lead is less than 10 points
5. Overtime
 - a. First Overtime - 1 minute
 - b. Second Overtime - Sudden Death (First to Score)
6. All players **MUST** play at least 20 minutes each game
7. One and one free throws on the 7th foul of each half and double bonus on the 10th foul of each half
8. Technical fouls result in 2 free throws and possession of the ball
9. Full court press and any defense is permitted (5th and up)
 - a. 3rd & 4th grade division must play half court man-to-man defense for first 30 minutes then any defense in the last 10 minutes. During first 30 minutes, players cannot “help off” of their man until player penetrates free throw lane
 - b. 3rd & 4th grade division free throw shooter can jump across free throw line without penalty
 - c. **All divisions – No Full Court Press after 10 point lead**

Reference Event Code of Conduct for expected behaviors from players, parents, and coaches.

Best of Luck in the Games!