

Wells Parks & Recreation Youth Basketball Rules & Regulations

The National Federation of State High School Athletics Rule Book Shall Be Used Except For The Following:

Jr. Division - Grade 1 & 2 only:

- 1) A junior size basketball will be used.
- 2) Games are played 4 on 4 on 1/2 court and the hoops lowered to 8.5'-9'.
- 3) Man-to-man defense will be used and defense must let the offense bring the ball over half court. No full court press. No double teaming.
- 4) Back court violations will not be called, cannot defend the ball in the back court.

Sr. Division - Grade 3 - 5 only:

- 5) A women's size basketball will be used.
- 6) Games are played 5 on 5, full court with regulation height 10' hoops.
- 7) Teams should use a man-to-man defense, no full court press. Teams should concentrate on defense inside the 3-point line and not chase players around the outside of the 3-point line. Heavy defensive pressure on the ball outside the 3-point line will be asked to move back.
- 8) Switching players and picking up open players is allowed, however double teaming for more than a few moments during man-to-man is not allowed. No double teaming outside the 3 point line. (official's discretion)
- 9) The 3 second violation in the key will be extended to 6 seconds.
- 10) Back court rule will be in effect.

Both groups:

- 11) A jump ball will be used to start the game only. The alternate possession rule will be in effect for all subsequent jump ball situations.
- 12) Games will consist of four 6-minute running time periods, (stopped time for Sr. division) with a 5-minute break at half time. (Jr Coaches will keep their own time and play as many periods as time allows) Each team is allowed 1 (one) time-out per period and unused time-outs are not accumulated to the following periods.
- 13) The clock will stop for injuries, fouls, and of course time outs.

Wells Parks & Recreation
Youth Basketball Rules & Regulations
Page 2

- 14) All shooting fouls will be shot. Possession fouls will be taken out at the sideline. On the 7th team foul violation opposing team will shoot 2 foul shots.
- 15) Deliberate Double Teaming is not allowed. Please remind your players to guard their person.
- 16) **Each Player must play the equivalent of 2 (two) full Quarters of each game.** Substitutions may be made at the 3 minute mark of a quarter **ONLY**. Making subs at other times can be confusing for some players please try not do that unless there is an injury or issue.
- 17) If only 5 players are available to play (no substitutes) they are allowed to play the entire game. If one of these 5 players fouls out (with no substitutes) they are allowed to stay in the game. Each time that player commits a foul the opposing team will receive 3 free throws.
- 18) **No player shall be allowed to play in more than 3 Quarters of each game.** The only exception would be lack of players. In this event during the following weeks each player should have the same opportunity. If players are absent from practices or games please find out why and inform the Rec. Dept. of any problems.
- 19) At the end of the game each team is requested to do a cheer and shake hands with their opponent.
- 20) Referees are volunteers and are not rated officials. Please be considerate to them they are trying to do their best. Try to keep your inappropriate remarks to yourself - remember your team is listening. Remind your team's parents of this as well. Good sportsmanship begins with the coaches and parents.
- 21) Coaches are directly responsible for notifying their players and parents of any information pertaining to games or practices.

Any questions? Give us a call Wells Parks & Recreation 646-5826

Have a wonderful season