



4th/5th Girls Youth Basketball Guidelines

GENERAL GAME RULES

- There will be a 5-minute warm-up for each game.
- A jump ball will start the game.
- Games will be played on a full court with 10ft goals.
- Game ball will be junior (27.5) size ball.
- Games will consist of four 8-minute quarters.
- There will be 3 timeouts per game.
- Clock will run except during timeouts, free throws, substitutions, and for all whistles during the last minute of each quarter.
- If a team is up by 20 or more points the clock will continue to run inside of the last minute.
- Free throws will be shot from the blue tape line, just inside the free throw line.
- The game will be stopped at the 4-minute mark of each quarter so that substitutions can be made. **Substitution breaks are not time outs, and coaching should not take place at this time.**

MATCHING UP & PLAYING TIME

- Coaches will match players up with each other at the beginning of each quarter and at the substitution mark.
- Colored dots will be placed on the floor by the score table (RED, YELLOW, GREEN, BLUE, PURPLE) to help match up player. ***Coaches will match players up based on skill level first***, not height, to the color of the dot. This ensures players of equal skill level are guarding each other. The red dot will indicate your strongest player and players should not move more than two (2) colors up or down.
- A player cannot sit more than **TWO consecutive** half-quarters unless that player is injured
- A player may not play the entire game unless a team only has five players.
- If a team has 4 or fewer players that team will have to forfeit but can “scrimmage” vs. the other team; terms of the scrimmage TBD pregame by the coaches.
- A team cannot use a player not on their roster to field a team, including but not limited to friends, family, or other players on another team in the league.
- The scorekeeper shall notify each coach when a possible playing time violation is about to occur at the beginning of each quarter. It is the offending coach's responsibility to adjust his/her lineup to correct the problem.
- A player leaving the game early must check out through the scorekeeper. His/her coach must also notify the officials and the opposing coach when the player is dismissed.

- A seriously injured player will not be held accountable to the playing time requirements. Any bleeding must be stopped, and the wound must be covered before the player will be allowed to re-enter a practice or game.
- Playing time violations are to be resolved during the game. They are not considered as acceptable grounds for formally protesting the outcome of the game.

DEFENSE

- Defenses are only allowed to play MAN TO MAN. **Zone Defense is NOT allowed.** Man-to-man defense is defined as requiring the defensive player to remain within arms' length of his opponent. Double teaming is NOT allowed outside of the lane while playing man-to-man defense. Double teaming occurs when an offensive ball handler has not dribbled past his defender and a second player leaves his assigned player and moves over to also defend the ball handler. Remember, players must remain within arms' length of his opponent, unless he is playing help side defense. Help side defense is allowed when the offensive ball handler has completely beat his/her opponent to stop offensive penetration in the lane with the provision that when the offensive penetration is stopped and the original defender has recovered his man, the help defender must immediately return to his original offensive man.
- Defense cannot be played until the offense has crossed the white line running across the court between the top of the key and half court on the offenses end of the court.
- Full court pressing will be allowed the last minute of the first half (2nd quarter) and of the game (4th quarter). Full court press will not be allowed by the team that is ahead at the designated time period, if they are leading by 15 or more points.
- The use of any defensive tactics that takes unfair defensive advantage of the offensive team will result in a warning for the first and second offense. A technical foul will be called, offensive team will shoot technical free throws and receive ball back for the third and subsequent violations. Example - Unfair defensive advantage occurs when an offensive ball handler has not dribbled past the white line running across the court between the top of the key and half court on the offenses end of the court and the defense applies pressure on the ball.
- Intentional fouls (i.e. not making a play on the ball) will result in the offensive team being awarded technical free throws and subsequent in bounding of the ball.

OFFENSE

- Offensive player is limited to five (5) seconds in the key.
- If a team has 6 or more players present for the game, personal fouls will be kept with five fouls allowed for each player. If a team only has 5 players at the start of the game and for the duration of the game then personal fouls **will not be kept for both sides** but team fouls will be kept and bonus free throws will be awarded, 1 and 1 for seven team fouls and 2 for ten team fouls.
- A stall offense is not allowed behind the designated line of defense, meaning the play of the ball can't be stopped behind the white line to allow time to run off of the clock in order to keep the defense from being able to apply pressure on the ball.

- The use of an offensive tactic that takes unfair advantage of the defensive team will result in a warning for the first abuse and a turnover for each subsequent violation. Example – unfair offensive tactic would include a team running a stall offense behind the designated line of defense.
- Any technical foul assessed against one team will result in the other team being rewarded technical free throws and subsequent in bounding of the ball. Coaches and/or players receiving two or more individual technical fouls in a game will be automatically ejected from the remainder of that game and further suspended from participating in the next scheduled game. Any team receiving a total of three (3) individual technical fouls will automatically forfeit the game regardless of the score.

OVERTIME

- If at the end of regulation, the game is tied, there will be a 2 minute overtime period. Coaches will have one minute to talk to players before OT begins. A jump ball will occur at this time. The same 5 players will remain on the court. If the game is still tied after the 2 minute OT, another 2 minute OT will occur, if the game is still tied after the 2nd OT the game ends in a tie. You may sub players between overtimes, but not during the actual overtime period. No extra time outs will be given for the OT periods, yet time outs remaining from the regulation period can be used.

COACHES

- Brushy Creek Youth Leagues only allow for one coach, (the head coach) to stand at the bench or coach out loud to the players in the field of play during the competition. All other coaches must remain seated and coach only the players on the bench. Violations to this rule will result in a warning for the first and second offense. A technical foul will be called; the offensive team will shoot technical free throws and receive the ball back for the third and subsequent violations. Violators may be removed from the bench at any time by BCCC staff or by the officials of the game.

* In situations not specified in the above rules, we will defer to UIL rules*