

# Basketball League Local Rules:

PSA will follow National Federation of State High School Association rules along with additions below.

5-6-Years-Old – 7-minute quarters with running clock – 6.6 feet Goal Height – 27.5" Basketball  
7-8-Years-Old – 8-minute quarters with running clock – 8 feet Goal Height – 28.5" Basketball  
9-10-Years-Old (G) – 8-minute quarters with running clock – 9-feet Goal Height – 28.5" Basketball  
9-10-Years-Old (B) – 8-minute quarters with running clock – 10-feet Goal Height – 28.5" Basketball  
11-14-Years-Old (G) – 8-minute quarters with running clock – 10-feet Goal Height – 28.5" Basketball  
11-12-Years-Old (B) – 8-minute quarters with running clock – 10-feet Goal Height – 28.5" Basketball  
13-14-Years-Old (B) – 8-minute quarters with running clock – 10-feet Goal Height – 29.5" Basketball  
15-18-Years-Old (B) – 8-minute quarters with running clock – 10-feet Goal Height – 29.5" Basketball

## All Division Rules:

1. Games will consist of four 8-minute quarters with a 3-minute halftime. The 5- to 6-year-old division will play 7-minute quarters.
2. The clock will run continuously in the 5 through 8 division.
3. In all other divisions, the clock will run continuously until the last 2 minutes of the fourth quarter. During a running clock, the clock will stop only for timeouts, free throws, and injuries.
4. A team must have at least 4 players to play a game (except 5-6-Year-Olds), or it will be a forfeit.
5. A forfeited game will result in a loss with a score of 10 to 0.
6. A game will be played with equal players on the court from both teams.
7. No player will sit out an entire half. All players must play each half.
8. After 7 team fouls in the half, the fouled player is awarded a one-and-one bonus which if they make the first free throw, they get a second attempt. 10 fouls in a half the fouled player are awarded a double bonus of two shots from the free throw line.
9. Only one coach up coaching, while the others remain sitting.

10. Each team has 2 timeouts (1 minute) per half. They do not carry over.
11. Overtime: 2 minutes with 1 timeout. If the game is still tied after the first overtime. **Sudden death:** Each coach will pick a player to shoot free throws, until one team makes and the other miss
12. The score may not be added on the scoreboard during the 4<sup>th</sup> Quarter if a team is leading by 15 points or more. The points will be kept in the official game book.
13. Jump Balls: In all leagues, the only jump balls will be at the beginning of the game and the beginning of all overtime periods and sudden death. For all other jump ball situations, alternate possession will be used including the start of quarters and the second half.
14. If a player quickly advances the ball towards his goal, the opposing team may defend at any time.
15. If the ball is being thrown in around half court, the opposing team can defend (Team does not have to wait behind 3 pt. line)
16. Two Technical Fouls in a game from a player or a coach will result in ejection from that game.
17. A call of a flagrant foul by an official will result in immediate ejection of that player. After the second time this happens, this will result in a one game suspension.
18. All players must be in complete uniform with shirts tucked in or they must sit out of the game. The full uniform consists of a jersey and any color shorts the team agrees to.
19. Players cannot have jewelry, gum, or food during the game.
20. Clean up trash around your bench after each game.
21. Keep up with the number of basketballs taken out for practice and make sure that they are returned at the end of your practice.

22. End of Season tournaments will be Pool Play into a single elimination tournament. Other rules will be put out before this tournament that will change or add to these rules.

## **Rules By Division:**

### **5-6-Years-Old Co-ed Division:**

1. Four on Four during the games
2. No double-teaming
3. Half-Court Game
4. Defense must remain behind the free throw line
5. A missed shots and rebounded by the defensive team must return ball to the 3-point line to change possession
6. No score or officials, but coaches need to help officiate fouls. Any fouls, reset possession top of key

### **7-8-Years-Old Co-ed Division:**

1. Half-court game
2. Defense must stay behind the three-point line
3. Any change of possession must be taken back to the three-point line (Turnover, foul, rebound, or free throw.) The referee will blow the whistle, and the team will start possession at the top of the key, behind the white volleyball line that sits halfway between the three-point line and half court.
4. The half court format is designed to help players learn and develop the game of basketball

### **9-10-Years-Old Girls Division:**

1. Full court press is allowed during the last 2 minutes of the game unless you are up by 12 points or more the entire 4<sup>th</sup> quarter.
2. Defense must remain behind the 3-point line until the ball crosses half court, however if a player quickly advances the ball towards his goal, the opposing team may defend at any time.

### **9-10-Years-Old Boys Division:**

1. Full court press is allowed during the last 2 minutes of the game unless you are up by 12 points or more the entire 4<sup>th</sup> quarter.
2. Defense must remain behind the 3-point line until the ball crosses half court, however if a player quickly advances the ball towards his goal, the opposing team may defend at any time.

### **11-12-Years-Old Girls Division:**

1. Full court press is allowed during the last 2 minutes of the game unless you are up by 12 points or more the entire 4<sup>th</sup> quarter.
2. Defense can meet the ball at half court any time.

### **11-14-Years-Old Boys Divisions:**

1. Full court press is allowed during the last 2 minutes of the game unless you are up by 12 points or more the entire 4<sup>th</sup> quarter.
2. Defense can meet the ball at half court any time.

### **15-18-Years-Old Boys Division: Regulation Basketball**

1. Full court press is allowed during the entire game.
2. Defense can meet the ball at any time.