

# Johnston Community Education

## Youth Basketball League Rules

### -For Grades 4-5 Boys & Girls



**This is an “entry level” league. The purpose of this league is to teach the basics of the sport, and to develop an interest in basketball. Emphasis is on basic skills and team play.**

1. Basket height is at 10 ft. Basketballs are 28.5” or Size 6 and should be brought by the players. Each team receives a 1-hour, one time per week scheduled practice time.
2. Each team is allowed a 10-minute warm-up when the game is over beforehand generally starting the game at :10 after the top of the hour. Game consists of two 20-minute halves with a 2-minute halftime. Running Clock. The clock stops during the last minute of the second half only & during time-outs/injuries unless score is more than 15-point spread. **Games will not go past the top of the hour. There will be a 2-minute overtime if the score is tied and if time allows.**
3. Each team is allowed 1 time-out per half (one minute each).
4. Free throw line is approx. 12 feet where the players are allowed to jump over the line. Shooting fouls- one foul shot is shot for 2 points. On 10<sup>th</sup> team foul, same thing. Players can foul out at 5 fouls. All other fouls will be taken out of bounds towards the top of the key (not under the basket). On “And 1’s” where the shot goes in and a foul is called, the free throw will only be worth 1 point.
5. All baskets are worth two points. No three-point goals.
6. A technical foul does count as a personal foul. Players/coaches/fans will be given a warning as needed and then will be asked to leave the second time.
7. A tip (jump) ball starts the game. Alternate possession after. No tip at half.
8. Equal playing time is required. Coaches should have a plan for subs and they will be brought in every 5 minutes. Clock stops momentarily to match up by standing across from the other team’s players. This should be done quickly.
9. Half-court defense only- no full court defense allowed. If the defense steals the ball before the offense reaches half court the ball will be returned to the offense.
10. Steals off the dribble ARE allowed but fouls are called for reaching in and contacting the offensive person dribbling.
11. No zone defense, or double-teaming. Please play man-to-man defense. 3-seconds in the lane will be called so players must go in and out of lane.

**SPORTSMANSHIP IS STRESSED AMONG PLAYERS,  
COACHES, AND FANS.**