2026
1st&2nd Boys & Girls Youth Basketball Rules

- **Good sportsmanship is required among players, coaches, parents, and referees at all times**
- **Games will be played on 8' rim(1st&2nd). Junior sized(27.5") basketballs will be used.**
- **Playing time MUST be close to equal regardless of prior experience or skill level**
- **Substitutions can be made at any time when play is dead.**
- **Possession will be determined prior to the start of game by coin toss. All jump balls will be awarded to the defense. * COACHES You can alternate possessions for jump balls if you like. Don't encourage the Defense to "grab the ball". Teach them fundamental defense.**
- **For this age level no score will be kept. Play will continue until the quarters end.**
- **No timeouts will be allotted for this age level.**
- **Coaches will orchestrate and run the games/controlled scrimmages. There will be no officials there. Try not to have more than two coaches on the court at a time. Other coaches can instruct from the boundaries. Stop game play as needed to explain/instruct but not too excessively to hinder the flow and actual game time. Do not run your games over the allotted time. We need to stay on schedule.**
- **Traveling: Players will not be able to run with the ball without attempting to dribble. An extra step/carry, within reason, is okay. However, excessive carrying of the ball and multiple infractions without corrections will result in a violation.**

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- **Passing: Encourage good passes. Allow passes to enter to designated target. Encourage multiple passes each possession. Defense should not block, steal passes. They may pursue errant passes that appear to not have no direct target.**
- **Made basket: Player from opposing team must pass the ball inbound from the baseline. A player shall not grab the ball and dribble down the court without an inbound pass after a made basket.**
- **Defense: Man to Man defense only. Coaches should encourage players not to double team and to not trap the ball. No full court press allowed, and only half-court defense is allowed. No aggressive effort can be made to block the shot (coaches need to teach "hands straight up.") STRICTLY MAN to MAN. Make them stay with their "assigned" opponent.**
- **Offense: NO picks, screens etc .**
- **Stealing: There is no stealing allowed. Passes and dribbles cannot be stolen. If it is a wild pass that isn't directed at anybody, or ball handler loses control and the ball rolls/bounces to a defender, then yes, defense can attempt to grab.**
- **Fouls: Fouls will be called by the coaches and should be made with discretion. Blatant fouls need to be called and explained to the player what actions they are doing and how to change what they are doing. There are no foul limits so players CANNOT foul out. Coaches, please make sure players do not abuse this privilege. If they continually commit consecutive or egregious blatant fouls, we ask that the coach sits them out, to discourage them from continuing to blatantly or aggressively foul. No free throws will be awarded even in the act of shooting. A foul will result in possession back to the offense. A player cannot foul out of the game. * If you as**

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coaches from both sides decide you want to incorporate some fouls shouts you can as long as both coaches agree.

- **Out of bounds: All plays out of bounds are to be called. On the sidelines players will pass the ball in from the sideline. Underneath the basket will be an inbound from the baseline.**
- **4-minute pre-game warm. Half time will consist of 3 minutes**
- **Games will be played in quarters. Each game will be 4 quarters and 8 minutes each**
- **Game clock will be continuous. ONLY stops for an injury and end of quarter.**
- **Shoes: Tennis shoes are required. Absolutely no boots, cleats, Crocs, or sandals will be allowed for play. It is strongly recommended that gym shoes be brought into the guy and put on prior to the game.**
- **Concussion protocol to be followed. "When in Doubt Sit Them Out" policy shall be enforced.**

We are all from the same community and should strive for us to become better as ONE.

Go EAGLES!!