

Templeton Recreation Department Youth Basketball League Rules (Upd. 2025 Season)

The National Federation of State High School Association Basketball Rules will be enforced, with the following exceptions and clarifications:

1. Games will consist of four 10-minute quarters with a running clock for 5th – 8th grade games and four 8-minute quarters with running clock for 1st through 4th grade games. If games are running significantly behind schedule, quarters may be reduced by 1 or 2 minutes by staff (officials and timekeepers). Both coaches will be informed of the change in playing time prior to the start of the game. Once the time has been made up, the games will then resume to full length quarters.
 - a. **The clock will be stopped during the last two minutes of each half for out of bounds, fouls, and free throws for all divisions.**
 - b. **Exception to the rule: If a team is ahead by 20 or more points, there will be a running clock. If the score difference drops below 20 points it will return to a stopped clock.**
2. Teams are allowed four 1-minute time-out periods per game. Teams are allowed (1) time-out per overtime period. Time-outs do not carryover from regulation to overtime.
 - a. **No overtime for 1st & 2nd Grade Division.**
3. The coach on the bench may call a time-out when the ball is dead or when their team has possession of the ball. A time-out will stop the clock for the duration of 1-minute.
4. There will be a 1-minute intermission between quarters and 5-minutes between halves.
5. Goals will be changed at halftime.
6. In the event of a tie, overtime will be three (3) minutes. In overtime, the clock will only stop during the last minute for out of bounds, fouls & free throws. Any eligible player may participate in the overtime; all play time rules are satisfied during regulation play. If the game is still tied at the end of the overtime period, the game will remain tied.
 - a. **No overtime for 1st & 2nd Grade Division.**
7. On free throws, players release when the ball ***is released from shooter's hands***.
8. **Bonus Rule:** On the 5th team foul in each quarter, the opposing team automatically receives 2 free throw shots. ***Team fouls reset each quarter.***
9. **Substitution Rules:**
 - a. **1st & 2nd Grade** will sub at the quarter **ONLY**. Exception for injury.
 - b. **3/4 Grade, 5/6 Grade & 7/8 Grade** may sub half-way through each quarter (as close to the half-way point as the nearest dead ball) and/or at the end of the quarter.
 - i. If substituting half-way through the quarter, players **MUST CHECK IN** at the score table and enter/leave the court quickly. ***This is not a time-out.***
 - c. If the opposing team is up by 20 or more points or if a player is injured, a substitution may be made at any dead ball point during the quarter to remove the injured player or to help balance the game play. **This is subject to referee & score table approval.**
 - d. **Injuries** – The injured player shall return when ready at the next out of bounds or dead ball play. Replacement player will be charged with one half quarter played.
10. **Individual Playing Time Rules for all Divisions - Violations result in forfeit!**
 - a. **Minimum** of 2 quarters = No less than 4 half-quarters.
 - b. **Maximum** of 3 quarters = No more than 6 half quarters.
 - c. **No player can play 4 quarters** (7+ half quarters) unless necessary to have 5 players on the court **AND** all other players have played 3 full quarters (6 half quarters).
11. The offensive team has ten (10) seconds to move the ball over the half court line. This will be loosely enforced at the 1st & 2nd grade level.
12. **No protests will be allowed.** In the name of sportsmanship we must remember these are children and this is a recreational league!
13. **Any player who receives a technical or flagrant foul will be immediately removed from the game until the next available substitution time.**

1st & 2nd Grade Divisions:

1. The basketball used will be a junior size ball (27.5 inches).
2. An eight (8) foot goal will be used.
3. Game will consist of four (4) quarters, each eight (8) minutes in length.
4. No backcourt pressing at any time. Please help to train this at the beginning of the season!
5. A five second in-the-key violation will be enforced as the season progresses.
6. There will be no free throws. All Shooting Fouls will result in an inbounds play, just like a non-shooting foul or violation.
7. No score will be kept or posted. This division is strictly instructional.
8. No three-point shots allowed.
9. One coach per team is allowed on the floor during the game. Coaches may only enter/exit the court at the sideline and are not allowed inside the three (3) point line or on the baseline area. Coaches should attempt to avoid the flow of play, and referees can remove coaches from the court if they are interfering with game play. This rule is subject to change during the season as the players adjust to logistics on the court. TRD will notify coaches as to any change in this rule.

3rd & 4th Grade Divisions:

1. The basketball used will be a junior size ball for girls (27.5 inches) and intermediate size ball for boys (28.5 inches).
2. An 8-foot goal will be used for the girls. A 10-foot goal will be used for the boys.
3. Game will consist of four (4) quarters, each eight (8) minutes in length.
4. Substitutions allowed half-way through the quarter and at the quarter break. Players must check-in at score table prior to taking the court. Subs will be allowed in as close to halfway through the quarter as possible, on a "dead ball".
5. No backcourt pressing at any time.
6. No three point shots.
7. A team up by 10 points or more cannot play defense at midcourt. They must move to the 3-point line before playing defense.
8. A three (3) second in-the-key violation will be enforced.
9. Free throws will begin at the free-throw line. The shooter must shoot from the free-throw line, but may cross the line on the shot without penalty. All other lane violations will be called.
10. Coaches should train/teach/implement both Man and Zone defense.

5th & 6th Grade Divisions:

1. The basketball used will be an intermediate size ball for girls (28.5 inches) & an official size ball for boys.
2. Game will consist of four (4) quarters, each ten (10) minutes in length.
3. Substitutions allowed half-way through the quarter and at the quarter break. Players must check-in at score table prior to taking the court. Subs will be allowed in as close to halfway through the quarter as possible, on a "dead ball".
4. The back-court press is only to be used in the 4th quarter. The 10-point rule remains in effect.
5. A team up by 10 points or more cannot play defense at midcourt. They must move to the 3-point line before playing defense.
6. A three (3) second in-the-key violation will be enforced. Three point shots are allowed.
7. Coaches should train/teach/implement both Man and Zone defense.

7th & 8th Grade Divisions:

1. The basketball used will be an intermediate size ball for girls and an official size ball for boys.
2. Game will consist of four (4) quarters, each ten (10) minutes in length.
3. If a team is ahead by ten (10) points or more, they **may not** use a full court press until they are less than ten (10) points ahead. No exceptions.
4. Substitutions allowed half-way through the quarter and at the quarter break. Players must check-in at score table prior to taking the court. Subs will be allowed in as close to halfway through the quarter as possible, on a "dead ball".
5. A three (3) second in-the-key violation will be enforced.
6. Three point shots are allowed.
7. Coaches should train/teach/implement both Man and Zone defense.