

HYR Basketball Rule Card

Game Times

Division 1-3: Six 6-minute periods

Division 4: Four 10-minute periods

No clock stoppage for out of bounds.

Teams alternate possession to start each period

Division 1 and 2: players wear colored arm bands to match up to a player on the opposing team. Players should only guard the player wearing the same color.

Division 3: arm bands are optional at coach discretion, but 1 to 1 defense is still employed.

Division 4: No arm bands, but 1 to 1 one defense.

Traveling and Double Dribbling:

Divisions 1 and 2: players will be encouraged to dribble one handed correctly, but not penalized.

Division 3: players expected to dribble one handed and correctly by week 3 of the season.

Division 4: Turnover for double dribbling & traveling.

All divisions: No Guarding is allowed in the back court.

Stealing and blocking:

Divisions 1-3: No stealing off the dribble. Hands Up Defense Vertical Hands – No blocking over the top

Division 4: Stealing off the dribble is allowed

Blocking is allowed over the top

All Divisions: Stealing a pass is allowed

Out of Bounds:

When the ball is knocked out of bounds or a player steps out of bounds, the opposing team is awarded a throw-in from the spot where the ball went out of bounds.

Divisions 1-3: no guarding close to in-bounds pass.

Division 4: Defender must stand 3 feet off line.

FOULS:

When a defensive player contacts the hands or body of an opposing player impeding their ability to move the ball, a foul shall be called.

After a foul is called, the opposing team is awarded the ball out of bounds nearest the spot of the foul.

Players who foul excessively may be asked to sit out part of the game.

ABSOLUTELY NO TOLERANCE FOR TAUNTING OR TRASH TALKING

Updated January, 2024