



HYR Basketball Rules

(Revised 1/21/2019)

Because of player size and skill level differences, some rules change based on the Division.

Equipment and Game Structure Specifications

HYR Division	Size of Ball	Basket Height	Length of Game	Substitutions
1 (age 5)	Size 4 (26" circumference)	8 feet	Six 5-minute periods	At each period
2 (age 6-7)	Size 5 (27.5" circumference)	8 feet	Six 6-minute periods	At each period
3 (age 8-9)	Size 5 (27.5" circumference)	9 feet	Six 6-minute periods	At each period
4 (age 10-12)	Size 6 (28.5" circumference)	10 feet	Four 10 minute quarters	As needed on whistle.

All times will be kept by a "running clock" with no clock stoppage for out of bounds or free throws.

Rules and Game Tactics

HYR does not keep score during basketball games but recognizes that many players keep their own score, which may or may not be accurate. All players should be given as close to equal playing time as possible.

Start of game possession shall be determined by coaches either by coin toss or by mutual agreement, then will alternate each subsequent period.

Out of bounds: On St. Paul Court 1 and Court 2, the court sidelines are defined as the orange line near the center of the full court and the black full court base line. (Note that this makes an uneven court but allows players more room to dribble near the full court base line.) When the ball is knocked or thrown 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.

Double dribbling and traveling: In divisions 1 and 2, a player who double dribbles or travels will receive up to 2 warnings from the referee and be allowed to restart the ball from the half court line. After 2 warnings, the opposing team receives the ball at the base line. In divisions 3 and 4, the opposing team will be awarded the ball in the case of double dribbling or traveling and be allowed to start at the base line. Referees will have discretion in allowing some traveling and double dribbling based on player skill level and to allow for the game to have a natural flow.

A team advancing the ball across the mid-court line in a non-fast-break situation must pass the ball at least once before shooting.



HYR Basketball Rules

(Revised 1/21/2019)

Defense in HYR basketball should be 1 on 1 (person to person) defense. Double teaming or crowding is not allowed.

Divisions 1 and 2 defense: Players wear colored arm bands and use the arm band color to match up to a player on the other team. No back court press is allowed; this applies all the way to the opposing orange line whether in case of advancement of the ball after a score, a non-fast-break situations, or a fast-break situations.

Divisions 3 and 4 defense: At the coaches’ discretion, Division 3 players may wear colored arm bands and use the arm band color to match up to a player on the other team. No back court press is allowed; this applies to the mid court line. During an advancement of the ball after a score or non-fast-break situation, players should only guard the opposing player assigned to them. During a fast break situation, “help” defense is allowed where a single defender not assigned to the fast break player advancing the ball can guard that player.

A foul shall be called when a defensive player contacts the hands or body of an opposing player impeding their ability to move or advance the ball. After a foul, the opposing team is awarded the ball out of bounds or at the top of an offensive set. At the discretion of the coaches and the referee, any player who fouls excessively will sit out for part of the game.

Guarding the in-bounds pass is allowed by division as described the Game Tactics Chart.

Rules and Game Tactics Specifications

HYR Division	Stealing from a Dribbler	Guarding player throwing ball in bounds
1 (age 5)	Not allowed	Not allowed
2 (age 6-7)	Not allowed	Not allowed
3 (age 8-9)	Not allowed	Coach Discretion
4 (age 10-12)	Coach Discretion	One player may stand 2 feet back from line by player attempting to throw the ball in bounds.