

## **FALL 2023 League Rules**

Unless modified below, all play will be governed by the National Federation of State High School Associations Rulebook.

1. **Basketballs.** 1<sup>st</sup>-2<sup>nd</sup> grade boys/girls and 3<sup>rd</sup> grade girls will use a 27.5 size basketball; 3<sup>rd</sup> boys and 4<sup>th</sup> -7<sup>th</sup> grade boys/girls will use a 28.5 size basketball.
2. **Jerseys.** Home team wears light color jerseys (white if available.) Visiting teams wears dark color jerseys.
3. **Goal Height.** 1<sup>st</sup> – 2<sup>nd</sup> grade boys and girls will play on an 8ft goal, 3rd grade boys and girls will play on a 9ft goal, 4<sup>th</sup> -8<sup>th</sup> grade will play on a 10ft goal.
4. **Game Clock.** Each game will consist of two, 20-minute halves, with a running clock except during the last two minutes of the game. In the final two minutes of the game and any overtime periods, the clock will stop in accordance with Federation rules. For all grades, the clock will continue running in the final two minutes of the game if one team is ahead by 15 points or more.
5. **Halftime.** Halftime will be 3 minutes in duration.
6. **Overtime Periods.** Overtime period will be 2 minutes in duration. A second overtime is sudden death (first team to score)
7. **Timeouts.** There will be two full timeouts per half, with no carry-over. There will be one additional time-out per overtime period.
8. **Jump Ball.** All games will begin with a jump ball.
9. **Pressing/Defense.** 1<sup>st</sup>-3<sup>rd</sup> grade: no full court pressing or zone is allowed at any point during the game. No trapping outside of the lane, however, a defender may “help” a teammate when the opposing team drives to the basket. Double teaming is only allowed in the lane. In 4<sup>th</sup> grade–8<sup>th</sup> grade: Pressing/Trapping/Zone defense is allowed except when a team is ahead by 15 points or more.
10. **Special Rules.** 1<sup>st</sup>-3<sup>rd</sup> grade lane violations will be called at 5 seconds; Free throw line for 1<sup>st</sup>-4<sup>th</sup> grade will be set at 12ft. One person or stack offense in 1<sup>st</sup>-3<sup>rd</sup> grade is prohibited. (This rule is at the discretion of the officials and is to eliminate one on one offense.) A warning will be issued to the head coach and a second or subsequent attempt will result in a technical foul. This rule does not apply to inbound plays. The three point goal is applicable in 1<sup>st</sup>-3<sup>rd</sup> grade and players are allowed to steal the basketball both off of the dribble and a pass once the ball crosses the half court line.