

EBYSA Youth Basketball Rules
All Divisions
(Revised 1/29/26 Revisions are highlighted)

Outside of any rules specified herein, play shall be governed by the National Federation of High School Associations Basketball Rule Book.

I. Equipment and Court Size

- a. Ball Size
 - i. 1st and 2nd Grade Girls/Boys – 27.5 inch (Jr. ball, Size 5)
 - ii. 3rd and 4th Grade Girls/Boys – 28.5 inch (Girls' ball, Size 6)
 - iii. 5th and 6th Grade Girls – 28.5 inch (Girls' ball, Size 6)
 - iv. 5th and 6th Grade Boys – 29.5 inch (Men's ball, Size 7)
- b. Rim Height
 - i. 1st and 2nd Grade Girls/Boys – 7.5 ft
 - ii. 3rd and 4th Grade Girls/Boys – 8.5 ft
 - iii. 5th and 6th Grade Girls/Boys – 10 ft
- c. Court Size
 - i. 1st and 2nd Grade Girls/Boys – ½ court (2 baskets)
 - ii. 3rd and 4th Grade Girls – Full court
 - iii. 3rd and 4th Grade Boys – Full court
 - iv. 5th and 6th Grade Girls/Boys – Full court

II. The Players

- a. The number of players on the court for each team will be set by the commissioner each year. This is determined by the number of teams created, players available, and scheduling. Generally, 3rd-6th graders will play 5v5. 1st/2nd grade divisions may be setup to play with as few as 3v3 depending on season circumstances.

III. The Game

- a. **5th/6th grade will play by the same rules as junior high UIL basketball except as noted in these rules or mutually decided upon by the referees and coaches.** 1st/2nd and 3rd/4th play with significant rule modifications as listed below.
- b. Free Throws

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1st/2nd and 3rd/4th games will start with each player given the opportunity to attempt two regulation free throws. Both teams will be given the same free throw attempts at half time. THERE WILL BE NO FREE THROWS SHOT AT THE END OF THE GAME. Made free throws will be added to the team's score. If one team has more players than the other, the coach with fewer players may choose players to shoot an equal number of free throws. The following are free throw distances for each division.

- i. 1st and 2nd Grade Girls/Boys – 8 feet
- ii. 3rd and 4th Grade Girls/Boys – 13 feet (from regulation line with backboard adapter in place)
- iii. 5th and 6th Grade Girls/Boys – 15 feet

c. Initial Possession

- i. 1st, 2nd, 3rd and 4th Grade Girls/Boys - The team with the most made free throws at the start of the game will be given initial possession. In the event of a tie, each player from both teams will shoot one more free throw to determine possession.
- ii. 5th and 6th Grade Girls Boys - Jump ball will determine initial possession.

d. Defense

- i. Man to man defense is strongly encouraged for 1st-4th grades. Zone defense is almost impossible to achieve without violating the “no double teams” rule.
- ii. **No double teaming allowed** except for 5th/6th grade division. However, help defense is encouraged in the following circumstances:
 - 1. In the lane area
 - 2. Off picks and screens (defensive switching is allowed)
 - 3. During fast breaks. Players should return to their assigned defender/zone upon stopping the break.
- iii. 1st/2nd Grade Boys/Girls - No stealing is allowed. Players will play defense at arms length from the offensive player with their hands raised in a defensive position. **Their hands should NOT be resting on or wrapped around the defensive player.** Players may attempt to block shots, but only with their hands

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straight in the air. Steals are allowed only when an offensive player loses control of the ball, passes the ball, or shoots the ball. An offensive hand-off to a teammate is considered a pass from one player to another and can be stolen.

- iv. **1st/2nd and 3rd/4th Boys/Girls – No guarding of the inbounder will be allowed on an in-bounds play.**
- v. Full court press is **only allowed in 5th/6th grade divisions** and may only be run during the 2nd and 4th quarters.
- vi. Defensive players may not guard their opponent in the back court other than when allowed by the 5th/6th grade full court press exception.

e. Offense

- i. **The offense must purposefully attack the defense in every situation.** Purposefully draining the clock is discouraged. The 5 second closely guarded count, out-of-bounds throw-in count, and 10 second back court count will be used in 5th and 6th grade division. In the 3rd/4th grade division, a 5 second closely guarded count would **ONLY** be used after a dribble has been picked up and the ball is dead. The player with the ball will have a 5 second count to pass or shoot the ball.
- ii. No score will be given for a basket in the wrong goal. It will be treated as a change in possession.
- iii. If a team is up by more than 20 points, they will not be allowed to fast break on their opponent. They must wait for their opponent to setup their defense under the goal before advancing the ball.

f. Fouls

- i. 5th/6th grade – Fouls will be handled the same as UIL basketball. There will be no automatic points awarded in this division.
- ii. EBYSA 5th/6th divisions will follow the new foul rules (2023-24). Teams will enter the bonus UPON the opposing team's 5th team foul. At this point all common fouls result in 2 free throws. The bonus will reset every quarter.
- iii. We will also follow UIL personal foul rules. Players names will be written down on the tracking sheet before the start of the game and refs will notify the score table of who committed

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each foul. Individual players with 5 fouls cannot re-enter the game.

- iv. **1st-4th grade - All shooting fouls resulting in a missed basket will result in one automatic point and the shooting team maintaining possession of the ball. The ball shall be inbounded behind half court. If the fouled scoring attempt is a made basket, the foul will result in three points and the fouling team will gain possession of the ball.**
- v. **Team Fouls**
 - 1. All common defensive (non-shooting) fouls will result in the offensive team inbounding the ball from behind half court.
 - 2. Offensive fouls (charging and illegal screens) will result in a change of possession.
 - 3. **1st/2nd grade – Team fouls will not be tracked.**
 - 4. 3rd/4th grade – Upon the fifth team foul in the half, all non-shooting fouls will result in one point for the opposing team and change of possession if an offensive foul.
- vi. **Intentional/Technical Fouls**
 - 1. These fouls will result in the opposite team receiving two points and getting possession of the ball.
 - 2. A player will be removed from the game after receiving two technical fouls.
 - 3. A technical foul may be called on a coach for improper communication with the referee.
 - 4. 5th/6th – The opposing team will be awarded two free throws and maintain possession of the ball.
- g. **Clock Management**
 - i. 1st/2nd and 3rd/4th Boys/Girls – The game will be a running clock consisting of two 18 minute halves and a 2 minute halftime. Each team is permitted 1 timeout per half. Timeouts stop the clock.
 - ii. 1st/2nd and 3rd/4th Boys/Girls – The clock will be stopped on all dead balls **the last two minutes of the game** provided the game is within 10 points.

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- iii. 5th/6th Grade Boys & Girls– The game will be 7 minute quarters and a 2 minute halftime. Each team is permitted 1 timeout per quarter. The clock will be stopped on all dead balls. Quarters may be reduced to 6 minutes or two halves running time if games get behind per the referee's or commissioner's discretion.
- iv. Overtime – A 2 minute overtime will be played in the case of a tie. If it's still a tie at the end of OT, then it will be sudden death (first team to score, wins) and a jump ball to start the sudden death round.

IV. Conduct

- i. Coaches are not allowed to speak to the referees during play. They may address any issues with them at halftime or during a timeout.
- ii. Coaches shall at no point raise their voice to the referees or opposing coaches.
- iii. Parents are not permitted to talk or yell at the referees or coaches. Parents are encouraged to focus on the play of their child's team with constructive cheering
 - 1. Parents will receive one warning from a referee or commissioner before they will be asked to leave the gym.