



ADVENTURE ATHLETICS YOUTH BASKETBALL RULES & GUIDELINES

THE GAME:

1. 1st-2nd Grade & 3rd-4th Grade games will consist of 4 (8) minute quarters, with a substitution break after 4 minutes in each quarter.
2. 5th-6th Grade & 7th-8th Grade games will consist of 4 (8) minute quarters.
3. All grades use a running clock.
4. There will be 60-seconds in-between each quarter. There will be 2 minutes for halftime, except for the 2nd/3rd grade where it will be a continuous flow with basically 8 (4) minute quarters.
5. Besides starting the game, there will be no jump balls, alternate possession will apply.
6. Teams will switch goals at halftime.
7. Non-shooting fouls will result in the ball being taken out of bounds. Shooting fouls will result in 1 or 2 free throws.
8. 10-foot rims for 5th-8th grade, 9-foot rims for 3rd-4th grade, 8-foot rims for 1st-2nd grade.
9. 7th-8th grade will use a size 29.5 basketball.
10. 3rd-6th will use a size 28.5 basketball.
11. 1st-2nd will use a 27.5 basketball.
12. If a team is low on players for a game, there are 2 options:
 - a. Play 3 v 3 or 4 v 4
 - b. Balance out the teams by allowing 1 or 2 of your players to play with the other team.

STOPPAGE OF CLOCK

1. Time outs
2. Free Throws taken under 2 minutes of any quarter.
3. Injuries
4. Under 1 minute of any quarter for any dead ball situations.

SUBSTITUTIONS:

1. Every child should play at least 14 minutes of each game.
2. Every child will have the opportunity to start a couple of times.
3. No child should sit out more than 1 consecutive halfway segment
4. Coaches should make an effort to match players against opponents of equal ability.
5. 1st-4th Grade will substitute players every 4 minutes of game time. Every attempt must be made to ensure equal playing time.
6. 5th-8th Grade games will substitute in the traditional dead ball manner.

OFFENSE:

1. Fast breaks will be allowed for every age level.
2. The offense must purposefully attack the defense in every situation.

OFFENSIVE LANE VIOLATIONS

- a. 1st – 4th Grade no violations
- b. 5th – 8th Grade 3 seconds.

CO-ED RECREATIONAL DIVISION DEFENSE RULES:

1. Zone defense is **NOT** allowed at any level. All teams must play man-to-man defense.
2. Double-teaming is **NOT** allowed outside of the lane. Teams may “help or double-team” a player with the basketball in the lane for grades 5th-8th.
 - a. Players may “help and recover” or “switch.”
3. 1st-2nd Grade will be allowed to come out of the 3 pt. line after the offensive team crosses the white volleyball line. 3rd – 8th Grader will be able to come out half court after the offensive team crosses half court. Full court presses will be allowed **ONLY** during the last 2-minutes of the game.
4. 3 or 5 second violations will be called **AFTER** the official has warned the offending team at least once.
5. Backcourt violations (over and back) will be called.
6. Officials will try to teach the game by verbally warning players of potential violations.
7. On-ball steals will not be allowed for the 1st – 2nd Grade level. This means that players may not steal the ball when someone is dribbling or holding the ball in an attempt to pass/shoot. Defensive players may steal/block passes and shots. If an offensive player mishandles the ball while dribbling the defensive player may grab the ball.

COMPETITIVE DIVISION DEFENSE RULES:

1. 1st Half: Man-to-Man Half Court Defense Only.
2. 2nd Half: No Half-Court Defense Restrictions.
3. 4th Quarter: Teams may extend and play Full Court Defense.
4. 3 or 5 second violations will be called **AFTER** the official has warned the offending team at least once.
5. Backcourt violations (over and back) will be called.
6. Officials will try to teach the game by verbally warning players of potential violations.

FOULS

1. A player who commits **five personal fouls** in one game is “fouled out” and is disqualified for the remainder of the game (**3rd – 8th grade ONLY**)
2. If Team A has only 5 players to start the game and one fouls out, the opposing coach has the option to play 5 on 4 or can play 4 on 4. If Team A, with 4 players has another player foul out, that player remains in game, but Team B will receive 2 foul shots and the ball for each additional foul **that player** commits.

FLAGRANT/TECHNICAL FOULS

a. Flagrant 1

- i. Excessive contact or pushing/holding a player from behind to prevent a score. (2 shots and the ball to offended team).

b. Flagrant 2

- i. Excessive severe or extreme contact with an opponent while ball is live. (2 shots, possession and ejection from game).

c. Player Technical Foul(s)

- i. Technical fouls accumulate during the season.

1. 1st Technical

- a. Player will sit the 1st half of next game.

2. 2nd Technical

- a. Player will sit the entire next game.
- b. If 2nd in same game, player will be ejected from game and sit next game too.

3. 3rd Technical

- a. Will be ejected from league for remainder of season.

COACH/PARENT TECHNICAL FOUL(S)

- i. Any parent approaching the bench, staff or scores table in an inappropriate manner will be given a verbal warning and asked to return to the stands. The second incident will result in a team technical foul and may result in an ejection.

1. Ejection based on language used and manner of the individual

- ii. Technical fouls accumulate during the season.

1. 1st Technical

- a. Coach is required to sit the remainder of the game on the bench and may not get up at any point during a live ball.
- b. Parent will be asked to leave the gym for the remainder of the game.

2. 2nd Technical

- a. Coach will not be allowed to coach or attend next game.
- b. If 2nd in same game, Coach will be ejected from that game and may not attend/coach the following game. (Coaches kid must leave with coach if ejected).
- c. Parent will not be allowed in the building for the next game.

3. 3rd Technical

- a. Coach will be ejected from league for remainder of season.
- b. Parent will not be allowed to attend any games for the remainder of the season.

TIME OUTS

- a. Rec Teams are allowed **one** 30-second time out per half, and **one** 30-second time out for each overtime period (when applicable).
- b. Competitive Teams are allowed **two** 30-second time out per half, and **two** 30-second time out for each overtime period (when applicable).
- c. Time outs are not carried over from regulation to overtime(s).

OVERTIME

1. One 2-minute **STOPPED CLOCK** overtime quarter will be played for all levels. After the 2-minute overtime and there is no winner, the game will result in a tie.

COACHING PRESENCE

- a. There will be allowed only **ONE** head coach (Feel free to ask a well-intentioned parent or friend to help assist)
- b. Each coach is required to have filled out a volunteer form so we can run background checks before helping to coach a team. Any coach that has not signed one **will not** be allowed to coach or sit on the bench.

COACHES EXPECTATIONS

1. Please realize this a recreational league at a church. Please conduct yourself in an appropriate manner at all times.
2. Please read and abide by the league rules (Feedback to Athletic Director is acceptable).
3. Teach the fundamentals of the game – help will be provided, if needed and asked for.
4. If you are winning by more than 20 points, please initiate a 3-pass rule for your team.
5. Find every opportunity to ensure each athlete has an enjoyable experience. When down big or up big, find ways to get kids shot attempts that would normally struggle to do so.
6. Be positive and encouraging in all dealings with players, parents, and officials.
7. Please do not allow players to leave after a game until the bench area has been cleaned and straightened.
8. Please, inform the Athletic Director if you will be unable to attend a practice or game.