

Wahoo Parks and Recreation Department
YOUTH BASKETBALL LEAGUE RULES

1. Games consist of four, 8-minute quarters with a running clock. Exception: Clock will stop/start last minute of the 2nd and 4th quarters for 5/6 grade leagues). There will be a one-minute break between quarters and a four minute half time.
2. 8 foot rims will be used for 3/4 grade girls league. All other leagues will play on 10 foot rims.
3. All leagues will use a 28.5 sized basketball.
4. Games will begin with a center jump. The alternating possession arrow will be used thereafter for jump ball situations and to start each quarter.
5. Game scores will be kept for all games, but league standings will not.
6. Each team has one, 30-second time out per quarter. Use them or lose them!
7. Violations (traveling, double-dribble, closely guarded, etc.) will be called in accordance with high school rules.
8. Man-to-man defense must be played by both teams the entire 2nd quarter. In all other quarters, either man-to-man or zone defense may be played.
9. 5/6 grade teams may full court press at any time. Exception: Any **team which is ahead 10 or more points may not** apply full court pressure **however the team behind may apply full court pressure**. If the deficit is reduced to 9 points or less, full court pressure may be re-applied.
10. 3/4 grade teams may not apply defensive pressure beyond the **half court line**.
11. Fouls will be counted. A player will foul out after their 7th personal foul.
12. Teams will be in the bonus after 5 team fouls and will shoot two shots after 7 team fouls.
13. All players should receive the same amount of playing time unless a child has had unexcused absences from practices or games or there have been discipline problems.
14. The judgment of the scorekeepers and officials should not be questioned.