



Chosen Youth Developmental Basketball League

Rules & Expectations

Gym Protocol

- Please pay attention to children at all times. This means no climbing on bleachers or unsupervised bathroom visits. Failure to comply could result in ejection with no refund.
- You are welcome to stay for practices, we recommend you bring a lawn chair.

Practices

Please be sure that your athlete brings a basketball to practice

Arrival time for games

No games will ever start more than 15 minutes early. Players are strongly recommended to arrive for games at least 10 minutes before game time.

Basketball size

Youth balls come in DIFFERENT sizes: Size 4 27.5 ages 5-8, Size 5 or 28.5 ages 9-12 (coed) Girls stay at this ball size) , or Size 6 or 29.5" (boys only ages 13+).

Bench

Only one head coach and one assistant may sit on the bench. All parents must sit on the opposing side of the player bleachers.

Clock

The game clock runs continuously and only stops in the following situations:

- During timeouts
- During the last minute of the game on all dead ball situations

Defense



Man-to-man & 2-3 zone defense is played so that players can learn the basic skills of individual and team defense.

- Technical fouls count as a personal foul, a technical foul, and a team foul.
- All technical fouls result in 1 automatic point and possession of the ball in bounds.
- If a player or coach receives 2 technical fouls in any one game, they're ejected from the game and must leave the gym immediately.

Youth Basketball Rules

Game length

Two 20-minute halves are common for a youth league game. There's a 2-3-minute half-time period after the 1st half.

The game clock runs continuously and only stops at the end of each half, during timeouts, and for designated group substitutions.

Gender

Under 12 years of age, it's not uncommon for teams to be co-ed (boys and girls together on one team).

After about the age of 12, leagues are usually separated into boy's and girl's divisions if the amount of participants allows it.

Sometimes, there aren't enough girls that sign up to field a girl's division, so boys and girls are mixed together.

Half-time

Half-time lasts for 3 minutes.

Jump balls/Alternate possession

The game begins with a jump ball, but after the opening tip, the alternating possession rule goes into effect.



- Any time there is a tied up ball, teams alternate throwing the ball in-bounds.
- At the start of each quarter, the team due for the next possession begins with the ball.
- If the game goes into overtime, a center court jump ball will start the period. The team that fails to get the jump ball will get the next jump ball.
- After a made shot, a turnover, or a rebound, teams have to drop back to half-court and allow the ball to be dribbled down without pressure. Each age group has different rule please see below

Youth Basketball Rules

Number of games

6 games with one game per week plus 1 week of playoff.

Offense

Pass and cut or dribble drive

After a made shot, a turnover, or a rebound, teams have to drop back to half-court and allow the ball to be dribbled down without pressure. This rule only applies for ages 4-9
Once the ball crosses half-court, the defense can guard the ball.

Officials

Youth basketball leagues don't usually hire regulation officials; instead, they depend on high school or college kids to help out.

Most of the time, the experience level of the official doesn't matter too much because the level of play is so low. The officials' main function is to keep the game organized and help the youngsters learn the basic rules.

Rules for each age group

k-3
1. All field goals: 2 points
2. No Free Throws
3. No 3-point field goals
4. Two 60-second timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play



5. One 60-second timeout granted for each extra period
6. Unused timeouts may not carry over to the next half or into extra periods
7. Extra Period (over time) is 2 min
8. if it goes over the extra period sudden death (whichever team scores first in one min)
9. if the game is still tied after 2 overtime than it goes to free throws only one player from each team gets to shoot the ball team that scores wins
9. After 10 fouls in a half 1 point is awarded to the other team plus position of the ball (team foul carry to overtime)
10. Defense stays behind the 3 point line
11. no full court or half court press
12. Substitute a new player every 4 min (must check-in at the scoreboard)
13. no foul outs
14. Kinder-1st grade vs Kinder-1st grade Then Sub 2-3 grade vs 2nd-3rd grade
15. Coaches and players must show good sportsmanship

Rules Grade 4-6 Grade

1. All field goals
2. If fouled on shot, one point will be given and the player will shoot one shot.
3. 3-point field goals accepted
4. Two 60-second timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play
5. One 60-second timeout granted for each extra period
6. Unused timeouts may not carry over to the next half or into extra periods
7. Extra Period (over time) is 2 min
8. if it goes over the extra period sudden death (whichever team scores first)
9. After 10 fouls in a half 1 point is awarded to the other team plus position of the ball (team foul carry to overtime)
10. Half court Press is allowed first 3 games
11. No full court press teams will get 2 warning each half after Failure to comply results in one point for the other team plus position of the ball
12. Substitute a new player every 4 min (must check-in at the scoreboard)
13. Player with the ball must cross the half court line before a defender can guard
14. After 6 fouls a player is fouled out
15. Coaches and players must show good sportsmanship

Rules Grade 7-9

1. All Field goals
2. If fouled on shot team is given one point and shoots one shot



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| 3. 3-point field goals are allowed |
| 4. Two 60-second timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play |
| 5. And ones are one point |
| 6. One 60-second timeout granted for each extra period |
| 7. Unused timeouts may not carry over to the next half or into extra periods |
| 8. Extra Period (over time) is 2 min |
| 9. if it goes over the extra period sudden death (whichever team scores first) |
| 10. After 10 fouls in a half 1 point is awarded to the other team plus position of the ball (team foul carry to overtime) |
| 11. full court press is allowed |
| 12. A team that's ahead by 10 points may not full-court press to extend their lead, but they may use any other type of half-court defense, if Teams continue to press they will get 2 warning after Failure to comply results in one point for the other team plus position of the ball. |
| 13. Substitute a new player every 8 min only if a team has 10 player (must check-in at the scoreboard) |
| 14. if a team has 10 or more player new players are substituted every 4 mins (must check-in at the scoreboard) |
| 15. Half court press is ok only if the player cross the half court line Player with the ball must cross the half court line |
| 16. after 6 fouls a player is fouled out |
| 17. Coach and players must show good sportsmanship |
| 18. A lane violation will be called if an offensive player remains in the lane longer than 3 seconds without the ball. |