

**Payette County Recreation District
Youth Basketball League
2024-2025 Rules and Regulations**

The purpose and focus of the PCRD youth basketball league is to provide recreational opportunities in the sport to 1st thru 6th grade boys and girls. Team goals should strive to improve their basketball skills using positive, fun practice methods while promoting teamwork, sportsmanship, and commitment. Coaches are encouraged to develop age-appropriate and fun practice plans, while teaching their players fundamental basketball skills including shooting, dribbling and passing.

National Federation High School Rules will apply to the Youth Basketball League except as stated below. The Recreation Department reserves the right to adjust or change league rules at any time when necessary.

1. **PLAYING TIME:**

- A. All games will consist of four (4) quarters.
- B. Each quarter will be timed using a ten (10) minute running clock.
- C. The clock will stop for (1) team and official time outs, (2) at or near the 5 (five) minute mark of each of the first three quarters for mandatory substitution, and (3) the last 10 seconds of the 1st, 2nd & 3rd quarters, and (4) during the last minute of the 4th quarter on ALL dead ball situations IF the score has a difference 7 points or less.
- D. Tie Games: If a game is tied at the end of the regulation, a 1-minute sudden victory (first team to score) overtime will be used to break the tie. If neither teams scores during the overtime, the game will end in a tie. The OT period will use a regulation clock.
- E. Teams must have a minimum of three (3) players to begin a game.

2. **TIME OUTS/INTERMISSIONS:**

- A. Each team will receive three (3) 30-second time outs to be used at any time during the game including overtime.
- B. A maximum of one (1) minute will be allowed between quarters. Halftime will be 5 minutes.

3. **JUMP BALL & ALTERNATING POSSESSION:**

- A. A jump ball will be used to begin the game and any overtime period.
- B. In all other held ball situations, teams will take the ball out of bounds using the alternating possession procedure.
- C. All held/jump balls will be awarded to the trailing team when the difference in score is 15 points or more.

4. **FOULS & FOUL SHOTS:**

- A. Individual player fouls will not be kept. Officials have the authority to remove any player who commits a foul that is deemed to be unnecessarily rough or unsportsmanlike. A player who commits an excessive number of fouls may be removed from the game as well. One flagrant unsportsmanlike technical foul on an individual player will result in that player's disqualification for the remainder of that game only. Technical fouls count as team fouls towards the bonus.
- B. A two shot bonus begins on the fifth (5th) team foul of each quarter.
- C. All unsportsmanlike technical fouls will penalized by awarding the offended team an automatic two (2) points and the ball out of bounds at mid-court.
- D. The fifteen-foot (15') line will be used to shoot all foul shots in all leagues. 1st-2nd & 3rd-4th Grade division players may, if deemed necessary by an official, move forward or step or jump across the free throw line on a free throw try, but will not be allowed to be the first player to touch the ball after the attempt.
- E. When a player is shooting a free throw, the players lined up along the lane may enter the lane after the release of the shot by the shooter. The shooter and players outside the 3-point line may not move into the lane area or beyond the free throw line extended until the ball has touched the rim or backboard.

5. **DEFENSE:** In all leagues, players will be allowed to retrieve or intercept any loose ball anywhere on the court that is a direct result of an errant pass. **Players may not deflect or steal any pass or dribble that takes place outside the 3-point line.**
- A. **1st-2nd & 3rd-4th Grade League:** Teams **may not** play defense in the backcourt or outside the 3-point line in the frontcourt. Teams may play any defense they desire within the 3-point arc. This rule provides less skilled players the opportunity to bring the ball up the floor without pressure. Once a team obtains team control, **the ball, by pass or dribble, must penetrate the 3-point line within 15 seconds of crossing the half-court line** or a violation may be called. During the last minute of the 4th quarter, teams may apply full court defense. **Teams may not full court press if they lead by 10 points or more.** Teams that lead by 10 (ten) or more points at any time during the game, may not apply any pressure unless the **ball** or the player with the ball is located within the 3-point arc. **If the difference in score is 15 pts. or more, teams must play defense to begin a possession with one foot inside the key area only until the trailing team shoots or penetrates the key with a pass or dribble.**
- B. **5th & 6th Grade League:** Except for the last minute of the 4th quarter, teams **may not** employ any type of backcourt defense. **Teams may not apply defensive pressure to opposing teams until the ball and the player in control of the ball have crossed the mid-court line.** The first violation of this rule by a player will result in a warning to the team. Any violation of the defensive rule following the warning may result in one point being awarded to the non-offending team each time a previously warned team violates. **Teams that are ahead by 10 (ten) or more points at any time during the game must drop back on defense within the three-point arc and may not apply any defensive pressure until the ball has penetrated the three-point arc.** Once a team obtains team control, **the ball, by pass or dribble, must penetrate the 3-point line within 15 seconds of crossing the halfcourt line** or a violation may be called. **If the difference in score is 15 pts. or more, teams must play defense to begin a possession with one foot inside the key area only until the trailing team shoots or penetrates the key with a pass or dribble.** *The coach of a team losing by 15 or more points may request this rule not be enforced.*
6. **BALL/BASKET SIZE:**
- A. 1st-2nd & 3rd-4th grade division: This league will use baskets that measure 8 ½ feet from the floor. (Goal adapters are for game purposes only and are not available for private practice.) 1st-2nd grade teams will use the 27.5" ball. 3rd-4th grade teams will use a 28.5 inch size basketball for all play.
- B. 5th & 6th grade: The official basket height (10') will be used, and both boys and girls divisions will use a 28.5 inch ball for play.
7. **PLAYERS/SUBSTITUTES:**
- A. **MANDATORY SUBSTITUTION RULE:** This youth program requires a **minimum of 15 minutes of participation for all players.** All available substitutes on the bench will be entered into the game at approximately the 5-minute mark of the first three quarters of each game. *These are the only substitutions allowed during the first three quarters unless there is an injury, illness or fatigue.* The opposing coach has the option of choosing the player that will substitute for any player removed from the game due to fatigue, injury or illness. **Players who have fulfilled their 15-minute minimum during the first 3 quarters of play may be substituted for during any dead ball.**
- B. **ALL DIVISIONS:** Free substitution will apply to the 4th quarter of each game during dead balls.
8. **OFFICIALS**
- A. Officials have been informed to be as instructional as possible when calling fouls and violations. They will attempt to educate players on the reason a foul or violation was called in an effort to teach our participants the rules, especially at the 1st-2nd & 3rd-4th grade levels.

- B. If you do not understand a call or rule application by an official, please address them in a respectful manner and they will make every effort to answer your question or respond to your concern during a dead ball period. Please be patient with them and try to understand they are there to help both teams to better understand and play the game.

9. **ADDITIONAL LEAGUE RULES:**

- A. The three-point line will be in effect for all leagues.
- B. No warm-up shooting on side baskets while game is in progress.
- C. Players must remain seated in your team bench area while games are in progress.
- D. All players must be in non-marking court shoes.
- E. Absolutely no dunking or hanging on rims in any league.
- F. ***No one other than the assigned coaches and players may be seated on the team bench or in the team area.***

10. **CONDUCT:**

This is a Recreation League for youth. The purpose of this league is to teach sportsmanship, rule knowledge, teamwork, and basketball skills with maximum participation – players should be encouraged to **have fun**. The attitude and demeanor that youth display on the court and toward other participants is, in fact, ***a direct reflection of the coaching staff and their values***. Please display sportsmanship before, during and after any contest. If you have a problem with the behavior or actions of a parent, spectator, official, participant involved with the PCRD Youth Basketball Program, please contact Ted Pettet at 4523542, ext. 100.

Any coach, parent or spectator who makes derogatory remarks toward any official, coach, player or staff member may be asked to leave the gymnasium. Repeated offenses will result in the offender being banished from the gymnasium for the duration of the league. COACHES AND OFFICIALS PLEASE REMEMBER: WHAT YOU PERMIT, YOU PROMOTE!

PRACTICE INFORMATION:

PCRD does not have a gym of its own to use for games or practices. Therefore, PCRD has made efforts to secure school owned gymnasiums so as to provide teams a minimum of one or two practices per week. Please contact PCRD to reserve your practice time.

12. **USE OF SCHOOL FACILITIES**

Through a special agreement with local school districts, PCRD holds practices and games in school facilities. We ask that coaches, parents and youth adhere to the following rules while on school property or in school facilities:

- Children must not be left unsupervised on school property at any time (i.e. before or after scheduled games and/or practices).
- Absolutely no alcohol is permitted.
- Absolutely no tobacco products are permitted.
- Never drag anything across the floor.
- **No food or beverages other than water allowed in the gym.**
- Gym shoes only are permitted on the court.
- Children must be seated at all times. Parents are responsible for their children's conduct.
- Please require your team to clean up their bench area after each game. Put trash in the trash can where it belongs.
- Encourage your parents to BYOC (bring your own chair) for games at Fruitland Elementary and McCain Middle School when both courts are being used simultaneously.

The continued use of school facilities depends on all participants, coaches and spectators following the above guidelines.

10/15/24