

Bristol Recreation Department BYS
Youth Basketball Rules & Regulation Guidelines

Participation Guidelines

Pre K, Kindergarten, 1st & 2nd Grades

- **Practice** : Open Gym environment, teaching very basic fundamentals of passing, dribbling, shooting. Working on team & teammate communication, and the basics of Fair Play. **One 60 minute** (at coach discretion) scheduled practice per week.
- **Games**: fundamental basics of a ‘scrimmage game’, during scheduled practice time when possible, and infrastructure is available to accommodate players in gymnasium with the appropriate size of court during game play.

GAME POINTS:

- Free throw: 1 point (Pre-K, K, 1/2, 3/4, 5/6)
- All field goals: 2 points (Pre-K, K, 1/2, 3/4, 5/6,)
- ***No 3-point field goals***

TIMEOUTS:

- **Two 60-second** timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play
- **One 60-second** timeout granted for each extra period
- Unused timeouts may not carry over to the next half or into extra periods

GAME PLAY RULES:

- Equal playing time for each player
- Double-team/crowding is ***not allowed*** throughout the game
- Pressing is ***not allowed*** throughout the game
- Double-team/crowding is ***not allowed*** throughout the game
- Stealing from a dribbler is ***allowed*** throughout the game
- No shot clock

FOULING:

- No Fouling rules will be implemented or awarded to players or team at skill & age level

Based on skill and size discrepancies among children at these ages

Participation Guidelines

3rd & 4th Grades

- **Practice :** Full Court use of the Gym, teaching basic game play structure and concepts, passing, shooting, dribbling. Basic basketball game theory regarding Player Positions, Game Play Rules, Court Lines & Boundaries. Team & Teammate communication. **Two) 60min** scheduled practice per week.
- **Games: One) 24min** scheduled season game. Game time will be:
- 4) **6-minute** Quarters long with a running clock, but the clock stops for timeouts and when players line up for free throws.

GAME POINTS:

- Free throw: 1 point (Pre-K, K, 1/2, 3/4, 5/6)
- All field goals: 2 points (Pre-K, K, 1/2, 3/4, 5/6,)
- ***No 3-point field goals***

TIMEOUTS & STOP CLOCK:

- Two 60-second timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play
- One 60-second timeout granted for each extra period
- Unused timeouts may not carry over to the next half or into extra periods
- Substitutions are allowed at **anytime**, clock is stopped
- A Dead Ball

GAME PLAY RULES:

- Equal playing time for each player
- Double-team/crowding is ***not allowed*** throughout the game
- Pressing is ***not allowed*** throughout the game
- Double-team/crowding is ***not allowed*** throughout the game
- Stealing from a dribbler is ***allowed*** throughout the game
- No shot clock
- Back Court violation is recognized, ball is awarded to the other team

- Free Throw **10 Second** time limit, 3 players total from each team on free throw line
- Substitutions calls *are allowed* at **anytime**, clock is stopped.
- Advancement of ball after Timeout *Not allowed*

FOULING:

- No Fouling rules will be implemented or awarded to players or team at skill & age level

- *Based on skill and size discrepancies among children at these ages*



Participation Guidelines

Grades 5th & 6th

Practice : Full Court use of the Gym, teaching basic game play structure and concepts, passing, shooting, dribbling. Basic basketball game theory regarding Player Positions, Game Play Rules, Court Lines & Boundaries. Team & Teammate communication. **Two) 60min** scheduled practice per week.

- **Game Time & Schedule:**

- **One) 24min** scheduled season game per/week.
- Game time will be: 4) **6-minute** Quarters long with a running clock, but the clock stops for Timeouts, Substitutions, and when players line up for free throws.

GAME POINTS:

- Free throw: 1 point (Pre-K, K, 1/2, 3/4, 5/6)
- All field goals: 2 points (Pre-K, K, 1/2, 3/4, 5/6,)
- 3-point field goals (5/6)

TIMEOUTS & STOP CLOCK:

- Two 60-second timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play
- One 60-second timeout granted for each extra period
- Unused timeouts may not carry over to the next half or into extra periods
- Substitutions are allowed at **anytime**, clock is stopped
- A Dead Ball

GAME PLAY RULES:

- Equal playing time for each player
- Double-team/crowding is **not allowed** throughout the game
- 5 seconds closely guarded only when offensive player is hold the basketball. Awarded turnover to the other team
- Double Dribble Violation: once a player stop dribbling they must pass or shoot; if they start again with both hands this is considered a double dribble.

- Player-to-player defense may be extended full court in the fourth period and each extra period
- Leading team may not extend the defense over half court when leading by 25 points or more.
- Stealing from a dribbler is *allowed* throughout the game
- No shot clock
- Back Court violation is recognized, ball is awarded to the other team
- Free Throw **10 Second** time limit, 3 players total from each team on free throw line.
- Advancement of ball after Timeout *Not allowed*

Substitutions

- *are allowed* at **anytime**, clock is stopped.
- Either team may substitute on any dead ball.
- Either team may substitute before the first free throw attempt or after the last free throw if made.

Based on skill and size discrepancies among children at these ages

FOULING & GAME EJECTIONS

Head Coaches' Rule

- The head coach shall replace or remove a disqualified/injured player, directed by official to leave the game, within 15 seconds when a substitution is made.
- A head coach *shall not* permit a player to participate after being removed from the game for disqualification.
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Awarded Fouls (reporting)

- Purposely obstructing an players vision by waving or placing hands near an opponent's face or eyes (*technical foul*)
- The player can not hold push charge trip or impede the process of a player by extending arms shoulders hips knees or by bending the body other than normal play position or any rough tactics. *Holding (two free throws)*

- A player can not use forearms hands, partially or vertically so that the movement of the player is hindered when contact with the arms occurs. (*contact foul*)
- Contact caused by a defensive player who approaches from behind is *pushing*; contact caused by the momentum of the player who is throwing for a goal is *charging*. (*two free throws*)
- A dribbler shall neither charge nor contact an opponent in the dribbler's path or attempt to dribble between two opponents or between an opponent and a boundary unless the space is reasonable chance for the dribbler to go through without contact. (*contact foul*)

Un-Sportsman Like Conduct & Spectator Conduct

****Resulting Immediate Ejection From The Game****

- Disrespectfully addressing or contacting an official or gesturing resentfully
- Using profane or inappropriate language or obscene gestures
- Baiting or taunting a team or player 'Trash Talk'
- Any substance use ie) tobacco, alcohol, E-cigarettes before or after a competition, in court competition areas.
- Spectator Substance Claus: **Only 1 warning will be given from Official to Spectator to refrain and exit area. Continued failure to abide will result in immediate Ejection from competition**
- Leaving the court for unauthorized reason to demonstrate resentment disgust or intimidation.
- Fighting a team or player or a team using physical contact of any kind.
- Using game ball in play or not in play, resulting in injury to player
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