



## Youth Basketball Rules

### A. General Rules

1. No one is allowed outside of gym area unless using bathroom facilities.
2. Please make sure any trash or personal belongings are picked up after each game and practice. Goshen Community Schools has generously provided their facilities to our department for several years. In order to continue using the facilities, everyone must abide by this rule.
3. Coaches are asked to have their teams present and ready to play 10 minutes prior to their scheduled start time.
4. **This league is based on effort, participation, sportsmanship and skill development.**

### B. Game Rules

1. Under no circumstances can the coaches, players or fans behave disrespectfully towards the officials or display inappropriate behavior at any time. Anyone that does not comply with this will be asked to leave immediately.
2. Games will be played in two 15 minute halves with a running clock. Halftime will consist of 3 minutes. The clock will stop on all dead balls in the last minute of the second half. Time may be added as the season progresses and the participants' knowledge of the game increases.
3. Overtime periods will consist of 3 minutes with a running clock. Each team will have one timeout during the period.
4. The first half will begin with a jump ball. The alternating possession rule will govern the rest of the game.
5. Teams must have at least 4 players to start a game.
6. Each team will receive two 30 second time-outs per half. Unused time-outs do not carry over.
7. **Players must receive equal playing time.**
8. Players will be substituted every 5 minutes of play. Coaches may also substitute players at other times as needed, but they must be made during a dead ball, timeout or injury.
9. Each player is allowed 5 fouls per game. Two technical fouls in one game will result in an ejection and potential suspension.
10. No jewelry is to be worn during games.

### C. Offense

1. Teams have ten seconds to advance the ball to half-court.
2. Traveling, double-dribble and other common violations will be called at the discretion of the official. If the violation is called, the official will explain why to the player.

### D. Defense

1. Double teaming is prohibited. Teams may play man-to-man defense only and players must guard same person they were matched up with prior to the start of the game. Teams may play "help and recover" defense at the official's discretion.
2. Pressing is not allowed.
3. Teams may not steal the ball from the ball handler, but may steal passes (**only in lowest age division**).
4. Shot blocking is not allowed, but blocks that result in players holding their hands straight up are acceptable (**only in lowest age division**).