

Youth Basketball Rules

Grade Levels

Kindergarten: 3v3. Four 6-min periods, 4 ball size 25.5, 8' rim,

1-2nd: 3v3 or 4v4. Four 6 or 8-min periods, 5 ball size 27.5, 8' rim, 50x42 court size, 14' free throw line

3-4th: 5v5. Four 8-min periods, 6 ball size 28.5, 10' rim, 74x50 court size, 14' free throw line

5-6th: 5v5. Four 8-min periods, 6 ball size 28.5, 10' rim, 74x50 court size, 14' free throw line

7-8th: 5v5. Four 8-min periods, Girl 6 ball size 28.5 Boy 7 ball size 29.5, 10' rim, 94x50, 19'.9" 3-point arc, 15' free throw

Three-point line: 3-6th grade, although the 3-point arc may exist on the floor, all baskets made beyond this arc only count as two points. Therefore, the distance of the line is not applicable for these grades. Eliminating the 3-point basket at these age segments will encourage players to shoot from within a developmentally appropriate range.

Game Structure

Kindergarten:

Four 6-minute periods. This can be reduced if both coaches talk it through.

1-2nd

Game Length	Time Between Periods	Extra Period(s)	Scoring	Timeouts	Start of Game Possession
Four 8-minute periods	1 minute	2 minutes	Free throw: 1 point All field goals: 2 points No 3-point field goals	<ul style="list-style-type: none"> 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 	Coin flip. Team awarded possession starts with throw-in at half court

BACKCOURT TIMELINE	SHOT CLOCK	5 SECONDS CLOSELY GUARDED	CLOCK STOPPAGE
Not applicable	Not applicable	Not applicable	On any dead ball

3-4th

Game Length	Time Between Periods	Extra Period(s)	Scoring	Timeouts	Start of Game Possession
Four 8-minute periods	1 minute	2 minutes	Free throw: 1 point All field goals: 2 points No 3-point field goals	<ul style="list-style-type: none"> 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 	Coin flip. Team awarded possession starts with throw-in at half court

BACKCOURT TIMELINE	SHOT CLOCK	5 SECONDS CLOSELY GUARDED	CLOCK STOPPAGE
10 seconds	Not applicable	Only when the offensive player is holding the basketball	On any dead ball.

5-6th

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Game Length	Time Between Periods	Extra Period(s)	Scoring	Timeouts	Start of Game Possession
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Four 8-minute periods	1 minute	2 minutes	Free throw: 1 point All field goals: 2 points No 3-point field goals	<ul style="list-style-type: none"> 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 	Coin flip. Team awarded possession starts with throw-in at half court
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BACKCOURT TIMELINE	SHOT CLOCK	5 SECONDS CLOSELY GUARDED	CLOCK STOPPAGE
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10 seconds	Not applicable	Only when the offensive player is holding the basketball	On any dead ball.
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7-8th

Game Length	Time Between Periods	Extra Period(s)	Scoring	Timeouts	Start of Game Possession
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Four 8-minute periods	1 minute	4 minutes	Free throw: 1 point All field goals: 2 points Field goal outside of 3-point arc: 3 points	<ul style="list-style-type: none"> Two 60-second timeouts permitted in the first half of play. Three 60-second timeouts permitted in the second half of play Maximum of 2 timeouts permitted in the final 2 minutes of the fourth period One 60-second timeout granted for each extra period Unused timeouts may not carry over to the next half or into extra periods 	Jump ball
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BACKCOURT TIMELINE	SHOT CLOCK	5 SECONDS CLOSELY GUARDED	CLOCK STOPPAGE
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10 seconds	<ul style="list-style-type: none"> 30 seconds Full 30 second reset on offensive and defensive rebounds Full 30 second reset on any foul 	Only when the offensive player is holding the basketball	<ul style="list-style-type: none"> On any dead ball After a made field goal in the last 2 minutes of the fourth period and in each extra period
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