



# MACRD YOUTH BASKETBALL LEAGUE RULES

1195 SE Kemper Way Madras, OR 97741 | ph: 541-475-4253 | macrecdistrict.com

	PreK/K	1 <sup>st</sup> /2 <sup>nd</sup>	3 <sup>rd</sup> /4 <sup>th</sup>	5 <sup>th</sup> /6 <sup>th</sup>
Ball Size	25.5	25.5	27.5	28.5
Hoop Height	8 ft	8 ft	9 ft	10 ft
Players	5v5			
Game Length	Four 8-min periods. Running clock. After 55 min, the game is over.	Four 8-min periods. Running clock. After 55 min, the game is over.	Four 8-min periods. Running clock 1-3 period, stoppage in 4 <sup>th</sup> . After 55 min, the game is over.	Four 8-min periods. Running clock 1-3 period, stoppage in 4 <sup>th</sup> . After 75 minutes, the game is over.
Quarter Break	2 min.			
Time Outs	2 in first half, 2 in second. 60-sec each.	2 in first half, 2 in second. 60-sec each.	2 in first half, 2 in second. 60-sec each.	2 in first half, 3 in second. 60-sec each.
Scoring	All field goals: 2pts No 3pts.	All field goals: 2pts No 3pts.	FT: 1 point, all field goals: 2pts No 3pts.	FT: 1pt, all field goals: 2pts, outside of 3pt arc: 3pts

\*Free Throws

## Uniforms and Equipment

Required:

- Uniforms – players will be given a MACRD Youth Basketball shirt that will be used as a jersey, players will be required to provide their own athletic pants/shorts

## Game Play

- Start of game possession is determined by a jump ball
- Playing Time – Equal throughout the entire game
- Time Between Periods – 2 minutes
- Scoring – Free throw: 1 point, all field goals: 2 points, field goal outside of 3-point arc: 3 points
  - There is a 21-point cap on points



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- Not keeping score is up to the discretion of the Recreation Director or their designee. It is important to remember what this league is about: learning the game and having fun.
- Timeouts
  - 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 4<sup>th</sup> period
  - Unused timeouts may not carry over to the next half
- Start of Game Possession – jump ball or coin flip
- Types of defense formations:
  - Player to player defense – a defensive formation where a defensive player is set to guard/ defend an offensive player
    - Only defense permitted in levels: PreK/K, 1<sup>st</sup>/2<sup>nd</sup>, 3<sup>rd</sup>/4<sup>th</sup>
  - Zone/ Set Defense – a defensive formation that assigns each defensive player to an area on the court to defend
    - Only permitted in 5<sup>th</sup>/6<sup>th</sup> grade level
  - Pressing Defense – a defensive formation where teams apply pressure either in the half-court or full-court
    - Only permitted in the 5<sup>th</sup>/6<sup>th</sup> grade level
    - Only half-court pressing is permitted
  - Backcourt defense – defensive guarding in the backcourt
    - Only permitted in the 5<sup>th</sup>/6<sup>th</sup> grade level
  - Double-Team/Crowding – two or more defensive players guarding a single offensive player
    - Not permitted in this league for any grade level
- Stealing from the Dribbler
  - Only permitted in the 3<sup>rd</sup>/4<sup>th</sup> and 5<sup>th</sup>/6<sup>th</sup> grade levels

### Fouls

- Personal Fouls:
  - Hitting
  - Pushing
  - Slapping
  - Holding
- Illegal pick/screen – when an offensive player is moving. When an offensive player sticks out a limb and makes physical contact with a defender in an attempt to block the path of the defender.



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- Personal foul penalties – If a player is shooting while being fouled, then he/she gets two free throws if his/ her shot doesn't go in, but only one free throw if his/her shot does go in.
- Charging – An offensive foul is committed when a player pushes or runs over a defensive player. The ball is given to the team that the foul was committed upon.
- Blocking – Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.
- Flagrant foul – Violent contact with an opponent. This includes hitting, kicking, and punching. This type of foul results in free throws plus the offense retaining possession of the ball after the free throws.

### Violations

- Travel – Taking more than 'a step and a half' without dribbling the ball is traveling. Moving your pivot foot once you've stopped dribbling is traveling.
- Double Dribble – Dribbling the ball with both hands on the ball at the same time or picking up the dribble and then dribbling again is a double dribble.
- 3-in-Key – An offensive player is standing in the key for more than 3 seconds.

### Exceptions

- PreK/Kindergarten
  - Start of game possession is determined by a coin flip, not a jump ball
  - There are no free throws, fouls will be passed in from the sidelines
  - Double dribbles and travels are not seen as violations, they are seen as a teaching moment
  - 3-point field goals are not applicable
  - Zone/ set defense is not permitted
  - Backcourt defense is not permitted
  - Double-Teaming/Crowding is not allowed throughout the competition
  - Stealing from the dribbler is not allowed throughout the competition
- 1<sup>st</sup>/2<sup>nd</sup>
  - Start of game possession is determined by a coin flip, not a jump ball
  - There are no free throws, fouls will be passed in from the sidelines
  - Double dribbles and travels will be teaching moments in the first two games with the ball being given back to the player to 're-do', starting at game three, it will be considered a violation and the ball will be turned over to the opposing team



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- 3-point field goals are not applicable
- Zone/ set defense is not permitted
- Backcourt defense is not permitted
- Double-Teaming/Crowding is not allowed throughout the competition
- Stealing from the dribbler is not allowed throughout the competition
- 3<sup>rd</sup>/4<sup>th</sup>
  - Start of game possession is determined by a coin flip, not a jump ball
  - 3-point field goals are not applicable
  - Zone/ set defense is not permitted
  - Backcourt defense is not permitted
  - Double-Teaming/Crowding is not allowed throughout the competition