

2024

POLK COUNTY YOUTH BASKETBALL LEAGUE RULES

1. All league games will be governed by the official basketball rules as adopted by the National Federation of State High School Associations with the exception of the special league rules adopted by the Polk County Youth Basketball League
2. A team must be fully registered with Polk County Youth Basketball League and each team must have Waiver/Roster forms completed prior to first game being played.
3. All players must be listed on the team roster and must reside in the school district of their school team they are playing on.
4. Players must play in the grade division they are currently enrolled in school or play in a higher division. No player can play down to a lower grade division. League Director/ Board reserves the right to amend this rule in special circumstances.
5. League is for school teams only. No Travel/AAU teams allowed. The following divisions will be offered:
 - 1st and 2nd Grade Coed Division
 - 3rd and 4th Grade Boys Division
 - 3rd and 4th Grade Girls Division
 - 5th and 6th Grade Boys Division
 - 5th and 6th Grade Girls Division
6. League Director/Board reserves the right to combine different divisions or grades if needed.
7. All players must have numbers on the back of their jerseys.
8. There must be an adult present on the bench at all times. Only one coach, designated as the “head coach”, will be allowed to stand during the game and address the officials.
9. If a team cancels without approval from the League Director/Board, it will be recorded as a loss and a win for the team that they were scheduled to play. Every attempt will be made to fill the game at that time. If a team forfeits two games without notifying the League Director/Board, they will be dropped from the league.
10. **Game Times (Durations):**
 - **1st & 2nd Grade** will consist of two fifteen (15) minute halves.
 - If a 10-point lead occurs, the clock will run continuously during the last two minutes.
 - **3rd & 4th, 5th & 6th Grade** games will consist of four eight (8) minute running clock quarters
 - If a 10-point lead occurs, the clock will run continuously during the last two minutes.
11. In case of overtime, the first overtime period will consist of two minutes. The second overtime period will be a sudden death format. The first team that scores will be the winner.
12. Half-Time will be three minutes and a minimum of five minutes between games. The League Director/Board reserves the right to alter times if games should run late with adequate warm-up time being allowed. The only time a game will start early is if both coaches agree.

13. Time-outs

- **1st and 2nd Grade** Teams will be allowed three (3) time-outs per game to be used at any time. Teams will be issued one additional time-out for the overtime period. Previous time outs remaining will **NOT** carry over to overtime periods.
- **3rd & 4th, 5th & 6th Grade** Teams will be allowed two (2) time-outs per half to be used at any time. Teams will be issued one additional time-out for the overtime period. Previous time outs remaining will **NOT** carry over to overtime periods.

14. Basketball Sizes:

- **1st and 2nd Grade** Coed will use a 28.5" (women's) size basketball
- **3rd and 4th Grade** Boys will use a 28.5" (women's) size basketball
- **5th and 6th Grade** Girls will use a 28.5" (women's) size basketball
- **5th and 6th Grade** Boys will use a 29.5" (men's) size basketball.

15. Goal Height:

- **1st and 2nd Grade** coed will shoot on 8' Goals
- **3rd and 4th Grade** boys and girls will shoot on 10' goals
- **5th and 6th Grade** boys and girls will shoot on 10' goals

16. Free throw distance:

- All **1st and 2nd Grade** will shoot from the 10' line. The shooter may land on the line but not completely past the line.
- All **3rd and 4th Grade** will shoot from the 12' line. The shooter may land on the line but not completely past the line.
- All **5th and 6th Grade** will shoot from the regulation free throw line. The shooter may not land on the line.

17. Defense and Pressing: **MAN TO MAN ONLY. NO TRAPPING in the Full Court or Half Court.**

- All **1st and 2nd Grade** – no full court pressing will be allowed.
- All **1st and 2nd Grade** – At three-point line man to man defense until the ball crosses the 3-point line. No zone defense.
- All **3rd and 4th Grade** – no full court pressing will be allowed until the final two (2) minutes of the game unless there is a ten-point lead. No traps. **No zone defense.**
- All **3rd and 4th Grade** – only half court man to man defense will be allowed. No traps. **No zone defense.**
- All **5th & 6th Grade** – Full court man to man pressing is allowed unless there is a twenty-point lead. Teams must drop back to half court man to man defense if a twenty-point lead occurs at any time during the game.
- All **5th & 6th Grade** – only man to man defense will be allowed. No traps. **No zone defense.**

18. Lane Violations:

- All **1st and 2nd Grade** will use a five (5) second-lane violation (Loosely enforced).
- All **3rd and 4th Grade** will use a five (5) second-lane violation
- All **5th and 6th Grade** will use the three (3) second-lane violation.

19. If, in the opinion of the league officials, unsportsmanlike behavior from the coaches, players, parents, or fans has put the game out of control, the offending team will forfeit the game. This could result in suspension from the league.

20. In case of inclement weather, you will be notified by the League Director/Board a minimum of 3 hours prior to your scheduled game time.

21. The League Director/Board reserves the right to modify rules and regulations as it deems appropriate and that all rules and regulations listed as a guide.

22. Fouls

- **1st & 2nd Grade:** Will be allowed 8 fouls in a half each foul after 8 will result in Double Bonus
- **3rd&4th, 5th&6th Grade:** Will be allowed 5 fouls in a qtr, each foul after 5 will result in double bonus (Individual fouls per high school rules).