



# YOUTH LEAGUE RULES

Girls Grades 4th-6th | Boys Grades 3rd-4th  
(For Parents and Players)

NO OUTSIDE FOOD OR DRINKS ALLOWED IN BUILDING!  
WATER MUST BE IN A THERMOS! NO EXCEPTIONS!

## GAME TIME

- (2) 18 minute running clock halves. Clock stops in the last 2 minutes of the game if the score is within 10 points
- Overtime – No overtime
- Time-outs – 3 per game used whenever (30 seconds each)

## SUBSTITUTIONS

- Allowed on dead ball only

## FOULS

- All non-shooting fouls result in one point for the team being fouled
- Shooting Fouls – one free throw and one point if shot is missed, basket plus one free throw if shot is made
- Three Point Attempt – one point plus two free throws if shot is missed, basket and one free throw if shot is made
- Technical Fouls – automatic two points plus the ball. Offending player must sit out the remainder of that quarter and the next.
- All non-shooting fouls in the last two minutes (if the game is within 10 points) are one and one. All shooting fouls in the last two minutes (if the game is within 10 points) are two free throws (**NO POINTS AWARDED**)
- Players are disqualified after 5 personal fouls

## OTHER

- No team is allowed to play zone defense in these leagues. You must play man to man defense
- No pressing until the last 9 minutes No pressing if your team is up 15 points or more
- All other MHSAA rules apply

## TEAM RULES

- All players must have matching shirts with numbers
- All team fees, player fees, roster/waiver forms **must** be turned in before the first game. No **exceptions.**
- Each team will be allowed two coaches
- Each team must supply one scorekeeper for each game
- All games will be played with a 28.5 (women's) ball

## COACHES AND PARENTS

EXHIBIT SPORTSMANSHIP AT ALL TIMES! (REMEMBER YOU ARE A ROLE MODEL)

- Treat officials with respect (your kids are watching)
- Cheer and encourage all players