

Youth Basketball League Rules

Updated - May 27, 2021

1. The players on each team must have the same amount of playing time each game.
The players will not be penalized for missing practices or games.
The youth basketball program at Foundation For Youth is a recreational league focusing on fundamentals and having fun.
2. The players, coaches, and spectators will not complain to (or about) the officials.
The coaches receiving a technical foul will be charged \$50 for the first and \$75 for the second and all subsequent technical.
The Athletic Director can give out further suspensions when deemed appropriate.

The players receiving a technical foul(s):

First Offense – Half Game Suspension Next Game

Second Offense – Full Game Suspension Next Game

Third Offense – The player will meet with the Athletic Director.

3. We will not tolerate foul language or trash talking. The coaches are expected to speak to players in a respectful way and not talk down to them.
4. A player, coach or spectator displaying poor sportsmanship will be asked to leave the facility.
5. The players are required to wear the blue and white FFY jersey.
You only have to purchase a jersey one time and can trade it in as you need a bigger size.
6. A team may start a game with four players, but must forfeit if they drop below four during the game regardless of the score.
7. Foundation For Youth does not recognize protests.
The decision of the game officials will be final.
8. WE USE THE 24 HOUR RULE – PLEASE DO NOT APPROACH OFFICIALS, ATHLETIC DIRECTOR, VOLUNTEER COACHES, SCOREKEEPERS FOR 24 HOURS REGARDING ANY MATTER OF THE GAME.
9. The players must remain seated at their bench during the game except for time outs and half-time break.
The coaches are not allowed on the playing floor unless beckoned by a game official.
We only allow the coaches listed on the season packet to be sitting on the bench.
10. Indiana High School Athletic Association (IHSAA) rules apply in all other situations not stated.

Grades K-2 Division Rules

1. The games will consist of four, ten minute quarters, with a running clock except for time outs.
2. The games will be played on half-court, going across using the side goals.
3. The players will use a 27" or 27.5" ball and shoot on an 8 foot goals.
4. The players will wear color wrist bands to aid in knowing whom to guard.
The coaches will match up players before each quarter and remind players to only guard their matching wristband color.
5. Slow Break Rules - The ball cannot cross the mid-court line until all defensive players have entered the front court, and the ball has to be dribbled across the mid-court.
6. The games will be controlled by the coaches who are also the referees.
7. The score will be kept by an FFY Employee using the gymnasium scoreboards.
The score will not be kept if a team is up by 20 points.
The score will not be kept until the team is within a 20 point difference.
8. A team will receive three timeouts per game.
The teams will be awarded one additional time out for each overtime period.

Grades 3-4 Division Rules

1. The games will consist of four, eight minute quarters, with a running clock except for free throws, time outs and the last two minutes of the game.
 - A two minute overtime period will be played if the game is tied at the end of regulation.
 - One additional two minute overtime will be played if the game is still tied.
 - A sudden death overtime will follow with the team scoring first to be declared the winner if the score is tied once again.
 - Note: Tournament games will be played until a winner is determined – no sudden death.
2. The game will be played full court, using a 28.5” ball and 10 foot goals.
3. The players may choose to shoot free throws from either 12 foot or 15 foot line.
4. The teams in this division may employ zone defense or man to man defense, but no defense in the backcourt and no double teaming during the game, except in the paint.
5. The last two minutes of the game will be played using a running clock if a team is ahead by 20 or more points.
6. A team will receive three timeouts per game.
The teams will be awarded one additional time out for each overtime period.
7. We allow three point field goals in this division.
8. The score will be kept by an FFY Employee using the gymnasium scoreboards.
The score will not be kept if a team is up by 30 points.
The score will not be kept until the team is within a 30 point difference.
9. The Athletic Director will keep score and standings and use those to make the end of the season tournament brackets.

Grades 5-6 Division Rules

1. The games will consist of four, eight minute quarters, with a running clock except for free throws, time outs and the last two minutes of the game.
 - A two minute overtime period will be played if the game is tied at the end of regulation.
 - One additional two minute overtime will be played if the game is still tied.
 - A sudden death overtime will follow with the team scoring first to be declared the winner if the score is tied once again.
 - Note: Tournament games will be played until a winner is determined – no sudden death.
2. The game will be played full court, using a 28.5" ball and 10 foot goals.
3. The players must shoot three throws from the fifteen (15) foot line.
4. The teams may employ any offensive and defensive set, including full – court press, half – court traps, zone defense and man to man defense.
5. A team cannot full court press if they are ahead by 10 or more points at any time during the game.
6. The last two minutes of the game will be played using a running clock if a team is ahead by 30 or more points.
7. A team will receive three timeouts per game.
The teams will be awarded one additional time out for each overtime period.
8. We allow three point field goals in this division.
9. The score will be kept by an FFY Employee using the gymnasium scoreboards.
The score will not be kept if a team is up by 30 points.
The score will not be kept until the team is within a 30 point difference.
10. The Athletic Director will keep score and standings and use those to make the end of the season tournament brackets.

Grades 7-8 Division Rules

1. The games will consist of two 20 minute halves, with a running clock except, time outs, the last two minutes of each half.
 - A two minute overtime period will be played if the game is tied at the end of regulation.
 - One additional two minute overtime will be played if the game is still tied.
 - A sudden death overtime will follow with the team scoring first to be declared the winner if the score is tied once again.
 - Note: Tournament games will be played until a winner is determined – no sudden death.
2. The game will be played full court, using a full size - 29.5" ball and 10 foot goals.
3. The players must shoot three throws from the fifteen (15) foot line.
4. The teams may employ any offensive and defensive set, including full – court press, half – court traps, zone defense and man to man defense.
5. A team cannot full court press if they are ahead by 10 or more points at any time during the game.
6. The last two minutes of the game will be played using a running clock if a team is ahead by 20 or more points.
7. A team will receive three timeouts per game.
The teams will be awarded one additional time out for each overtime period.
8. We allow three point field goals in this division.
9. The score will be kept by an FFY Employee using the gymnasium scoreboards.
The score will not be kept if a team is up by 30 points.
The score will not be kept until the team is within a 30 point difference.
10. The Athletic Director will keep score and standings and use those to make the end of the season tournament brackets.

Grades 9-12 Division Rules

1. The games will consist of two 20 minute halves, with a running clock except, time outs, the last two minutes of each half.
 - A two minute overtime period will be played if the game is tied at the end of regulation.
 - One additional two minute overtime will be played if the game is still tied.
 - A sudden death overtime will follow with the team scoring first to be declared the winner if the score is tied once again.
 - Note: Tournament games will be played until a winner is determined – no sudden death.
2. The game will be played full court, using a full size - 29.5" ball and 10 foot goals.
3. The players must shoot three throws from the fifteen (15) foot line.
4. The teams may employ any offensive and defensive set, including full – court press, half – court traps, zone defense and man to man defense.
5. A team cannot full court press if they are ahead by 10 or more points at any time during the game.
6. The last two minutes of the game will be played using a running clock if a team is ahead by 20 or more points.
7. A team will receive three timeouts per game.
The teams will be awarded one additional time out for each overtime period.
8. We allow three point field goals in this division.
9. The score will be kept by an FFY Employee using the gymnasium scoreboards.
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