

West U. Youth Basketball League  
Rules of Basketball  
4<sup>th</sup> – 6<sup>th</sup> Grade; Boys and Girls  
**DRAFT (11/14/2023)**

I. General Rules:

- a. **Conduct:** Unless otherwise defined, the league will be conducted using the UIL (University Interscholastic League of Texas)
- b. **Player Division:** Divisions are determined by the current grade the student is attending. An individual player is permitted to play in a division one year older at the discretion of West U YBL.
- c. **Practices:** There will be one organized practice per week.
- d. **Uniforms:** All players wear the same color jersey with a number on either the front or the back of the jersey. Players may wear a different color shirt under their uniform. Jerseys should be tucked in during the game.
- e. **Player safety items:** No splints, boots, knee braces or other hardened supports may be worn during the game. Any supports must be soft and bendable. Officials at the games will have full authority to determine the suitability of protective equipment being worn in games.
- f. **Team Sizes:** Rosters should have a minimum of seven registered players.

II. Game Rules:

- a. **Ball Size:** 28.5 inch diameter
- b. **Basket Height:**
  - i. 4<sup>th</sup> grade girls: 9-foot goals – cross court.
  - ii. 4<sup>th</sup> – 6<sup>th</sup> grade boys: 10-foot goals – full court.
- c. **Duration of Game:**
  - i. 4<sup>th</sup> and 5<sup>th</sup> grade: Four quarters are played with an eight-minute running clock.  
6<sup>th</sup> grade: Four eight-minute quarters are played with the clock stopping on all dead balls.  
There will be one 3-minute overtime period. If tied at the end of the overtime period, the game will result in a tie.
  - ii. Exceptions:
    1. Clock stops during free throw attempts.
    2. In 4<sup>th</sup> and 5<sup>th</sup> grade, the clock stops in the last minute of the 2<sup>nd</sup> and 4<sup>th</sup> quarters on dead balls and made baskets.
- d. **Player Fouls and Free Throws:**
  - i. Fouls are recorded by score keeper in all grades.
  - ii. Each player is allowed 5 fouls. Players can foul out of games.

- iii. Team fouls and personal fouls are kept by the scorekeepers.
  - iv. Teams line up for free throws in accordance with UIL rules.
- e. Free Throws Shooting Lines
- i. Free throws will be taken from the regulation free throw line. Fourth graders will be permitted to step over the free throw line upon release at referee's discretion.
- f. Time Outs:
- i. Regular Season/Overtime: Two 30-second timeouts are allowed per team per half. One 30 second timeout per team is permitted in overtime.
- g. Start of Game Procedure:
- i. Each team must start with a minimum of five players within ten minutes of the scheduled start time of the game.
  - ii. Teams can end the game with four players.
  - iii. Each game will start with a prayer in center of court with all players and coaches in a circle.
  - iv. A jump ball is used to start the game. Alternate possession will apply thereafter.
- h. Scoring (2 vs 3 point)
- i. Three-point shots outside the three-point line are permitted.
  - ii. When the point difference between the teams is greater than 20 the scorekeeper will not record points on the scoreboard for the team that is leading. Steals and fast breaks will then also not be permitted.
- i. Playing Time
- i. The primary purpose of this rule for to allow some flexibility for the coaches to balance the playing time based on the competitive balance between the two teams.
    - 1. Each player will play a minimum of 8 minutes or one quarter.
    - 2. Substitutions will be allowed on all dead balls.
- j. Defensive Rules:
- i. 4<sup>th</sup> and 5<sup>th</sup> grade: Defense is not allowed in the back court. Once possession has been determined by offense, the defensive players must return to the mid- court line before they can actively guard an offensive player. This includes intercepting any passes in the back court.
  - ii. 6<sup>th</sup> grade: Defensive pressure is allowed in the back court only in 2<sup>nd</sup> half and overtimes.
  - iii. Teams may play man-to-man or zone defense.
  - iv. All violation rules:
    - 1. If a team is violating the back-court pressure rule after being warned, the team may receive a delay of game penalty at the referee's discretion.
    - 2. After the second penalty, one free and ball control will be awarded.