Youth Basketball League Official Rules: 5th-8th Grade

Pre-Game:

- Prior to the start of the game, teams must submit a completed roster to the score table with player jersey numbers in numerical order.
- Standard pre-game guidelines include player warm-ups, introduction of starting lineups, and adherence to any league-specific protocols.

Team Composition:

- A minimum of four (4) players and a maximum of five (5) players must be present on the court at all times.
- Substitutions can be made during stoppages in play and must be conducted within the designated substitution areas.

Court/Ball Information:

- Goals will all be set to 10-feet high for this age range.
- 5th and 6th grade teams will play with a size five (5) ball that is 27.5 inches in circumference.
- 7th and 8th grade teams will play with a size seven (7) ball that is 29.5 inches in circumference.

Game Duration:

- Games are divided into two (2) sixteen (16) minute halves.
- 5-minute break during halftime.

- Each team is allotted two (2) 1-minute timeouts per half, which cannot be carried over to subsequent halves.

Scoring:

- Standard scoring rules apply, with two points awarded for baskets made within the three-point line, and three points awarded for baskets made beyond the three-point line.
- Free throws are worth one (1) point each.

Gameplay:

- Passing, shooting, dribbling, free throws, and screening adhere to standard basketball rules.

Defense:

- Standard defensive rules apply, including no physical contact with offensive players beyond legal defensive actions.
- Pressing is allowed for this whole age range, but you are not allowed to press in the last 2-minutes of each half.

Fouls:

- Standard fouling rules are in effect, with players fouling out after accumulating five (5) fouls.
- If a team has fewer than four (4) players remaining eligible to play due to fouls, the team must forfeit the game.
- There is no rule regarding seconds in the paint at this level.

Coaching:

- Coaches are required to maintain a positive atmosphere and refrain from interacting with parents during the game, except in cases of injury or emergency.
- In the event of a timeout, or any stoppage of play, coaches are still required to maintain a positive attitude and not become aggressive towards a player.
- All foul language is not only prohibited but can and will also result in disciplinary actions.
- There should be no more than two (2) coaches present on the bench during gameplay.
- Only one (1) coach may be standing during gameplay.

Officiating:

- Officials will be sourced from the OSSAA and will be trained extensively on our rules accordingly.
- Parents are strictly prohibited from speaking to an official during the course of play, no matter the circumstance.
- Coaches may speak and/or complain to an official as long as it is in a mature and appropriate manner, if a coach exceeds these guidelines, then the official in turn has the right to either remove the coach from the game, or call a technical foul on the team.
- For any and all complaints about a poor job done by an official, parents and coaches are encouraged to email leagues@titansportscomplex.com and necessary action will be taken accordingly.

Sportsmanship:

- Players, coaches, and spectators are expected to exhibit good sportsmanship at all times, including showing respect for opponents, officials, and the game itself.
- Players must appropriately shake hands with the members of the opposing team after the game.
- A player or coach who exhibits violent or excessively disrespectful behavior may be charged with a technical foul, or if necessary, removed from the game.
- A player or coach that receives two (2) technical fouls is required to sit down and not participate for the remainder of the game. Violation of this will result in a requirement that they leave the court area.

These rules are established to ensure fair play, safety, and enjoyment for all participants in the Titan Sports Youth Basketball League.

Thank you for your cooperation.