



City of Stockton Youth Sports
Basketball Rules
1st-8th Grade
Updated May 2023



COMMUNITY SERVICES RECREATION DEPARTMENT

OUR MISSION

Building resilient communities by cultivating healthy bodies and curious minds

OUR VISION

Healthy and inquisitive communities that invest in one another's success and honor each individual's intrinsic worth.

OUR VALUES

Integrity

Innovation

Inclusion

Collaboration

Service Excellence

Stewardship of Resources

Encouraging the Heart

For Questions, Comments, or Concerns please contact

(P) 209-937-5542

sportsandfields@stocktonca.gov

COACHES CODE OF CONDUCT

- Conduct myself in a dignified manner relating to emotions, language, attitude and actions
- Act always to protect the principles of fun, safety and development of all athletes
- Demonstrate respect for the ability of opponents as well as for the judgment of referees, officials and opposing coaches
- Display control and professionalism under any circumstance
- Respect the rights, dignity and worth of every person, including opponents, other coaches, officials, administrators, parents, athletes, and spectators
- Refrain from physical contact with athletes except where necessary for the development of the athletes' skill(s) or athletic ability
- Be aware and understand the role and influence of a coach as an educator, imparting knowledge of skill as well as proper personal, academic, and social behavior
- Be reasonable in my demands on athletes' time, energy and enthusiasm
- Provide an opportunity for all athletes to play the sport
- Seek to learn the latest coaching practices that considers the principles of growth and development of athletes

***City of Stockton staff or game's manager will be present and visible at all games and practices. If you encounter any problems, have concerns or suggestions please contact the recreation department. If there are any issues that come up concerning a game or the league, please present it before or after the game, not during the game to the game's manager or full-time staff that are present. If no full-time staff are present at the games or practice, the games manager will have the final decision at that site.**

GENERAL LEAGUE RULES – All Divisions

LEAGUE INFORMATION:

1. Each team will play 6 season games.
2. Each team, grade 1st and up will have at least one scheduled one hour practice each week at a community center.
3. **Practice Information:**
 - B. Times and dates TBD by gym availability and the volunteer coaches.
 - C. Each team is guaranteed a half court for practice. In the event another team is not practicing on the other side, the team may utilize the full court.
 - D. Only participants, parent/guardian, and immediate family members are allowed at practice.
 - E. Non-participants may spectate a practice or game only if they are accompanied by their parent or guardian (18+).
 - F. Participants should be accompanied by a parent or guardian for games and practices.

GAME DAY OPERATION:

Uniform:

1. Reversible dark colored and white jerseys:
 - Home team (listed first on the schedule) will wear the white jersey
 - Away team (listed second on the schedule) will wear the dark colored jersey
 - School teams provide their own uniform.
2. Closed toed athletic shoes are required by all players.
3. Absolutely no jewelry is allowed. This includes earrings, rings, bracelets, wristbands, barrettes, necklaces, or any other items the referee or coaches feel could cause injury to the player or other players. All jewelry should be removed prior to all games.
4. No hats and hoods are permitted during play.
5. Glasses can be worn if necessary, but they will be worn at players own risk.
6. No hard casts of any kind may be worn by a player.

ELIGIBILITY

In order to participate in the City of Stockton Youth Sports Programs, each participant must be enrolled in the program and have submitted a completed Youth Sports Registration Form. This form must be signed by a parent or guardian for the registration to be valid.

DIVISIONS

* Each division is broken down by grade. There are 5 divisions.

* Subject to change based on registration numbers.

1. 1st/2nd Grade
2. 3rd/4th Grade
3. 5th/6th Grade
4. 7th/8th Grade

Game Format

- A. This is purely a recreational co-ed league
- B. No standings or individual stats will be kept
- C. Games:
 - a. THEY WILL START ON TIME
 - b. Games are 5 v 5
 - c. There must be a minimum of 4 players on each team in order to start the game.
 - d. If a team does not have enough players to start the game, they may “borrow” players from the other team (rotate those players during the game) or from the game prior or next.
 - e. All borrowed players must be signed up for the current season.
 - f. Teams can only borrow players one grade level below their division. They may not borrow players from older divisions.
 - g. Individual players can play up one grade level, they may never play down.
 - h. Officials and game manager will have the final decision in the event of teams needing to borrow players.
 - i. Games where teams have borrowed players will still be fully officiated. Game time length is at the discretion and agreement of coaches, officials, and game manager.

Court Dimensions

- A. 1st/2nd Grade Divisions
 - * Full-size court, 90-feet by 50-feet
 - * Baskets will be at 8-feet high
- B. 3rd/4th Grade, 5th/6th Grade, & 7th/8th Grade Divisions
 - * Full-size court, 90-feet by 50-feet
 - * Baskets will be at 10-feet high

Fair Play Rule

All players must play an equal amount of playing time and/or minimum of half the game.
The officials and score table will stop the game at the appropriate times to have the coach sub players in.

Substitutions

- A. Please refer to the individual division breakdown rules
- B. Substitutions will also be allowed when and/or after:
 - a. A dead ball
 - b. An injury or injury time out
 - c. A regular time out
 - d. After the 1st out of 2 free throws is shot
 - e. After the 2nd out of 2 free throws is shot
 - f. Officials' discretion for fouling and/or bad sportsmanship

Technical Fouls

- A. Technical fouls will result in 2 points plus possession of the ball to the opposing team.
- B. Technical fouls can be given to players, coaches, or the bench.
- C. If any player or coach receives two technical fouls in a single game, they will be ejected from the game and will be required to leave the gym.
- D. Any player or coach who gets ejected from a game will have to meet with a full-time sports department staff member before being allowed to practice or play in the next game.
- E. Any player or coach who gets ejected from a game 2 times will be suspended from coaching or playing the next sports season.
- F. If the bench receives a technical because of a spectator(s), the coach will be warned and asked to inform their spectators to calm down.
- G. Examples of why a technical foul could be given:
 - i. Inappropriate language towards a player, coach, official, or spectator
 - ii. An intentional foul that is harmful in nature

- iii. Spitting, threatening, or hitting of any kind
- iv. Intentionally throwing, kicking, or slamming the ball, or any other object on the court, out of anger so much that it disrupts the flow of the game
- v. Entering the court during the game. (Refusal to leave immediately will result in a double technical on the bench and possible expulsion from the program).

Coaches Sideline Rules

- A. 1st/2nd Grade:
 - a. 1 Coach allowed on the court (sideline full court) first 2 weeks of games
 - b. Must be in coaches' box last 4 weeks of games
- B. 3rd-8th Grade:
 - a. Coaches must stay in the coaching box (marked out each week)
 - b. If the coach comes out of the box wherein turn the official must address it:
 - i. **First Violation:** warning to the coach
 - ii. **Second Violation:** "Seatbelt rule" goes into effect and the coach must remain seated on the bench the rest of the half. This will reset each half.
 - iii. **Third Violation:** "Seatbelt rule" is violated the coach will be given a technical
 - iv. **Fourth violation:** Coach will be ejected from the game.
- C. Only the players and coaches are allowed on the bench areas. No spectators allowed.

Sportsmanship and Foul Language

- A. All players, coaches, and spectators will be expected to maintain a high level of sportsmanship and respect towards one another.
- B. Trash talking and verbal abuse towards officials, staff, players, or coaches will be subject to a warning, technical foul, ejection from the game, and possible ejection from the league. The coach will be responsible for the actions of their teams' spectators. A technical foul may be given to the bench or coach due to actions from the spectators.
- C. All players and spectators will be on opposite sides from each other. Any spectator that enters the court of play will be asked to leave, if they do not then the game will be forfeited.

D. Any foul language will **not be tolerated**. Violation of this by players, coaches, or spectators will result in ejection from the game.

E. Fighting of any kind by players, coaches, or spectators is not tolerated and will result in the ejection from the game/gym and possible expulsion from the program.

F. Handshakes to display good sportsmanship after the game will be expected from every participant. It is the coach's responsibility to make sure their team complies with the handshake after the games. If any player refuses to shake hands, spits on their hand, or uses unnecessary force in the handshake may face a suspension of the next game. Multiple offenses may result in the expulsion from the program.

1st - 2nd Grade

AGE SPECIFIC RULES

- Ball size: 27.5 inches
- Goal Height: 8 feet
- Game Length:
 - Two 15-minute halves
 - Running clock
 - Clock stops for subs, time outs, injuries, official's discretion
 - 3 minutes halftime
 - Substitutions will be made at the 10- and 5-minutes mark each half
- Fouls will be called but not recorded
- Numbers: not required on their jersey
- 2 timeouts per half
- Offensive Regulations:
 - Throw in – 10 seconds – officials counting out loud
 - No backcourt violation
 - No free throws
 - 3 in the key will not be called
 - Double dribble and Traveling: Will be called and corrected on the spot:
 1. Officials will blow the whistle, instruct the error, and have the team start at the point of infraction.
 - No fast breaks allowed
 - Score will reset back to 0-0 if a team is up by more than 20 points. Can reset each half of the game.
- Defensive regulations:
 - No full court press.
 - Can only pick up at half court until team is up by 10 points, then team must play defense behind 3-point line.
 - man to man only – no zone allowed

- no double teaming or trapping allowed
- Players will use colored wristbands to match up defensively with players on the opposing team. Officials and coaches will help with matching the players up and reminding them who they are guarding

3rd - 4th Grade

AGE SPECIFIC RULES

- Ball size: 28.5 inches
- Goal Height: 10 feet
- Game Length:
 - Two 20-minute halves
 - Running clock – except last 2 minutes of the game unless the other team is up by more than 10 points.
 - Clock stops for subs, time outs, injuries, official's discretion
 - 3 minutes halftime
 - Substitutions will be made at 5-minute increments on the game clock. All players on the bench must be substituted.
 - Open substitution allowed the last 5 minutes of the 2nd half.
- Team Fouls will be recorded, individual fouls will not. Players fouling excessively will be subbed out at the official's discretion until the next substitution.
- Numbers: not required on their jersey
- 2 timeouts per half
- Offensive Regulations:
 - Throw in – 5 seconds – officials counting out loud
 - Backcourt violation
 - Double dribble and Traveling will be called
 - 3 in the key:
 1. Warnings given in games 1-3
 2. Will be called in games 4-6
 - Fast breaks are allowed
 - Score will reset back to 0-0 if a team is up by more than 20 points. Can reset each half of the game.
 - Free Throws:
 1. Shooting fouls
 2. 7th team foul: 1-1
 3. 10th team foul: shooting 2
 4. Players can move once the ball hits the rim
- Defensive regulations:
 - No full court pressing allowed.

- Can only pick up at half court until team is up by 10 points, then team must play defense behind 3-point line.
- Teams can play either man or zone
- Players can double team and trap

5th – 6th Grade

AGE SPECIFIC RULES

- Ball size: 29.5 inches
- Goal Height: 10 feet
- Game Length:
 - Two 20-minute halves
 - Running clock – except last 2 minutes of the game unless the other team is up by more than 10 points.
 - Clock stops for subs, time outs, injuries, official's discretion
 - 3 minutes halftime
 - Substitutions will be made at 5-minute increments on the game clock, open substitution allowed the last 5 minutes of the 2nd half.
- Team Fouls will be recorded, individual fouls will be called. A player will foul out on the 5th foul
- Players fouling excessively will be subbed out at the Games Managers, Officials & coach's discretion until the next substitution.
- Numbers: Required on their jersey
- 2 timeouts per half
- Offensive Regulations:
 - Throw in – 5 seconds – officials counting out loud
 - backcourt violation
 - Double dribble and Traveling will be called
 - 3 in the key will be called
 - Fast breaks are allowed
 - Score will be kept and reset back to 0-0 if a team is up by more than 20 points. Can reset each half of the game.
 - Free Throws:
 1. Shooting fouls
 2. 7th team foul: 1-1
 3. 10th team foul: shooting 2
 4. Players can move once the ball hits the rim
- Defensive regulations:
 - Teams can play either man or zone

- Trapping and double teaming is allowed
- Pressing:
 1. Pressing is allowed
 2. May press until up by 10 and then must pick up at half court. If lead goes below 10, they can press again.
 3. If a team is pressing and is up by 10, first violation is a warning, 2nd violation is a technical foul. Technical foul rule is in effect.

7th – 8th Grade

AGE SPECIFIC RULES

- Ball size: 29.5 inches
- Goal Height: 10 feet
- Game Length:
 - Two 20-minute halves
 - Running clock – except last 2 minutes of the game unless the other team is up by more than 10 points
 - Clock stops for subs, time outs, injuries, official's discretion
 - 3 minutes halftime
 - Substitutions will be made at 5-minute increments on the game clock, open substitution allowed the last 5 minutes of the 2nd half.
- Individual and team fouls will be recorded. A player will foul out on the 5th foul
- Numbers are required on their jersey by the first game
- 2 timeouts per half
- Offensive Regulations:
 - Throw in – 5 seconds
 - backcourt violation
 - 3 in the key will be called
 - Double dribble and Traveling will be called
 - Fast breaks are allowed
 - Score will be kept and reset back to 0-0 if a team is up by more than 20 points. Can reset each half of the game.
 - Free Throws:
 1. Shooting fouls
 2. 7th team foul: 1-1
 3. 10th team foul: shooting 2
 4. Players can move once the ball hits the rim
 - 5 Seconds closely guarded violation will be in effect
- Defensive Regulations:
 - Teams can play either man or zone
 - Trapping and double teaming is allowed

- Pressing:
 1. Pressing is allowed
 2. May press until up by 10, must pick up at half court, must allow team to fully cross the half court line. If lead goes below 10, they can press again.
 3. If a team is pressing and is up by 10, first violation is a warning, 2nd violation is a technical foul. Technical foul rule is in effect.