

2008-2009 Clifton/Valley Mills Youth Basketball Rules

1st & 2nd Grade Boys & Girls

- Jr. Basketball – 27.5"
- Goals will be 8 ft.
- Free throws will be 11 ft from the backboard to the free throw line
- Clock will not stop/Run continuous
- 3 one minute time outs per half
- Four 8 minute quarters
- 5 minute half time
- If game is tied after regulation, each team will be given five (5) free throws to break the tie. If needed, another five (5) until the tie is broken. The same child may not shoot more than one shot per set of five.
- Shots made behind the 3 point line will count as a 3 pointer.
- Shots made on the 3 point line or inside the 3 point line will be counted as 2 points.
- Must play Man to Man defense
 - No double teaming outside the 3 point line
 - No pressing
 - No zone defense
 - There will be three warnings per half on double teaming and then you will shoot one (1) free throw for being double teamed and receive the ball on the side. (Any player can shoot the free throw).
- No double, triple pick on the ball. All picks must be single picks.
- Must guard your man starting at the 3 point line – can not pick up your person before the 3 point line.
- You must engage (get the ball to) the three point line in 15 seconds or less. **NO STALLING IN THE BACKCOURT.**
- Players are allowed 5 fouls per game. On the fifth foul the player is removed from the game and can not return.
- On the 7th team foul you will shoot a 1 and 1 free throw shot
- On the 10th team foul you will shoot 2 free throws
- Double dribble and traveling will be called *inside* the point circle on the offense end.
- All players must play one full continuous quarter. Once they have played one full continuous quarter then you may sub them in and out as you want. Anyone that is injured can be subbed for at any time.
- If a player receives a technical foul, he/she will be removed for one (1) quarter of play. If a player receives two (2) technical fouls in one game, he/she will be removed from the remainder of the game and will be suspended from the next scheduled game.