

Ida Grove Youth Basketball League Rules

(Coaches: review these rules with your parents and players until they are understood before the first game)

1. The Game

- A. Games will consist of four 8 minutes quarters with a 5 minute pre game warm up and a 3 minute half time.
- B. The clock will run continuously, stopping only for time outs. The only exception to this is that the clock will be stopped for shooting fouls in the last 2 minutes of play during both halves at the 6th grade level only (**scorekeepers must be high school age or higher**).
- C. Each team will be allowed one time out per half.
- D. The alternating possession rule will be left in effect.
- E. All games will be left as tie. No overtime.
- F. Referees should make note of restraining lines and other court variation to coach before game time.

2. Play

- A. All play is to be man-man. Zone defense will not be allowed. Double teaming from time to time inevitable, and allowable at the referee's discretion.
- B. No full court pressure is allowed. The only exception to this is at the 6th grade level. Full court may be applied during the last 2 minutes of each half.
- C. Children can not foul out; however, coaches should advise children who foul repeatedly of proper play. Referee's can remove children for unsportsmanlike conduct.
- D. 4th & 5th Grade foul Rules: 1 point and possession of the ball will be awarded for shooting fouls. If basket is made and shooting foul is called, the basket will count but there will be no additional points awarded and the ball possession will change. At the 5th foul of each half, 1 point and possession of the ball will be awarded. All fouls will count towards the 5 foul rules.
- E. 6th Grade foul Rules: 1 point and 1 free throw will be awarded for shooting fouls. If basket is made and a shooting foul is called, the basket will count and 1 free throw will be awarded. At the 5th foul of each half, 1 point and possession of the ball will be awarded. All fouls will count towards the 5 foul rules.
- F. If a team is short of players, children in younger group may participate with an older group, but children may not move down to play with younger children.
- G. Many rules such as 3 seconds, traveling, and fouls where no advantage is gained are to be called at the referee's discretion. Some leniency may be appropriate at the younger grade levels as long as it is part of a learning process.

3. Equipment

- A. A women's size basketball is required for all ages.
- B. Team must wear numbered shirts or pennies of the same color.
- C. Gym shoes must be worn.
- D. Metal barrettes and other jewelry should not be worn.

4. Referees

- A. The home team shall supply two adult referees for each game (**certified referees are strongly recommended**).
- B. Coaches cannot referee and coach their team at the same time.
- C. Coaches should not address other coaches during the game. If a coach has a problem they should talk to the referees.

5. Insurance

- A. The Ida Grove Youth Basketball League does not provide liability insurance for league games, practices, or related activities. It is recommended that each community purchase their own liability insurance or get covered by their community's local recreation department or school if you have not already.

6. Warning

- A. All league games come first. Any teams that cancel or re-schedule a league game to play in a tournament will jeopardize their community's status in this league for future years. If this happens to your community, please inform the league director ASAP.