

## Hudson Recreation Youth Basketball Rules/Format

	Boys Grade 2	Boys Grd 3-4 and Girls Grd 2-4	Boys and Girls Grd 5-6	Boys and Girls Grd 7-8
Game Play	5 V 5	5 V 5	5 V 5	5 V 5
Scorekeeping	NO	YES	YES	YES
Game Length	Wks 1-3 = 20 min. clinic & 20 min. game, Wks 4-10 40 min. game	40 MIN	28 MIN	30 MIN
Breakdown/Halves	20 MIN	20 MIN	2 14-minutes halves	2 15-minute halves
Stop Time	NONE	Last 2 MIN of 1st Half / Last 2 MIN of 2nd Half (only IF score differential is 10 or less)	whole game	whole game
Half Time	n/a	3 MIN	5 MIN	5 MIN
Timeouts	NONE	2 PER GAME : 30 SEC	2 per half, cumulative; 1 per overtime	2 per half, cumulative; 1 per overtime
Overtime	NO	NO	Yes, 3 MIN	Yes, 3 MIN
Subbing	EVERY 4 MIN *	EVERY 5 MIN*	open	open
Hoop Height	8 ft	9 ft	10 ft	10 ft
Ball Size	27.5	28.5	28.5	29.5
Defense (pick up at...)	Half Court	Half Court	n/a	n/a
Defensive Press	NONE ALLOWED	NONE ALLOWED	Only last 2 minutes of each half, unless ahead by 8 points	full court, unless ahead by 10 points
Defense Type	MAN to MAN	MAN to MAN	MAN to MAN	MAN to MAN
Double Dribble Violation	Wks 1-3 = called but no change of possession, Wks 4-10 called and loss of possession	YES	YES	YES
Palming/Carry Violation	NO	YES	YES	YES
Back Court Violation	NO	YES	YES	YES
10 sec Half Court Violation	NO	YES	YES	YES
Paint Violation	NO	YES - 3 SEC	YES - 3 SEC	YES - 3 SEC
Travelling Violation	Wks 1-3 = called but no change of possession, Wks 4-10 called and loss of possession	YES	YES	YES
Inbounding Time Restrictions	NONE	5 SEC	5 SEC	5 SEC
Free Throw Taken	NO	YES*	YES	YES
Three Point Shot	NO	YES	YES	YES
Team Foul Violation	NONE	NONE	7 per half = 1 and 1; 10 per half = 10 shots	7 per half = 1 and 1; 10 per half = 10 shots
Player Foul Violation	NONE	6 / OUT	5 / OUT	5 / OUT
Referees	YES	YES, 1	YES, 2	YES, 2
Referee Type	REC STAFF	CERTIFIED REFS	CERTIFIED REFS	CERTIFIED REFS

# Hudson Recreation Youth Basketball

## Rules/Format

- 1 Timeouts DO NOT carry over.
- 2 All players MUST keep their shirts tucked in while playing participating
- 3 No player will play an entire game, unless you have a 5 person roster on game day.
- 4 Subbing will take place at specified intervals throughout each half. The majority of the games, if not all will played as running time. The clock will NOT stop for substitutions, unless there is an injury or the staff or referees stop play for other reasons. You must have your subs ready prior to the substitutions. Once the referees call for subs, your players should quickly transition on and off the court. **All players MUST play an equal amount of time.** Subbing rotation charts are available upon request and will be posted on our website. Hudson Recreation may require that all teams submit a roster and substitution chart prior to the start of each game.
- 5 In the 3/4 Division, we will allow any player taking a Free Throw to step over the line (limit of 1.5' past the 15' free throw line). Shot must be taken from behind the line initially. Players around the key are permitted to enter the key once the shooter releases the ball. Shooter must not advance until the ball hits the rim or is touched by another player. If the shooter crosses the line during his/her shot, s/he may not be the first to gain possession of a missed shot
- 6 Coaches WILL NOT be allowed on to the court during games, unless requested to do so by the recreation staff.
- 7 Coaches must stay within their coaches box throughout the game.
- 8 Coaches should focus on the Fundamentals of Basketball and make sure that each child understands the Rules/Game Format before building on the fundamentals and teaching any advanced skills/plays. This is the focus for all divisions. We often have 4th and 5th graders who are coming out to play organized Basketball for the first time. A great website is [www.breakthroughbasketball.com](http://www.breakthroughbasketball.com)  
We recommend that everyone read through the following article:  
<http://www.breakthroughbasketball.com/coaching/teach-youth.html>
- 9 Please encourage all players to show up on time. We prefer that everyone arrive 10 minutes prior to their start time. Our staff will keep to a strict time schedule.
- 10 **Grade 2** - During weeks 1-3 our staff review game format and rules with each team  
Games during weeks 1-3 will consist of "mini-clinics" followed by a 20 minute game and will be instructional in nature  
Coaches and players should expect increased game stoppages, as our staff will use this time to ensure all players understand the game rules, format and violations that are called.  
These first 3 weeks will serve to prepare players for their games during weeks 4-10.
- 11 **Grade 2 Violations** - Many of the children in this division have never played before and are being exposed to Basketball for the first time. As noted, we will begin enforcing certain violations only after several weeks of play. We hope that this will allow children to better grasp the fundamentals and understanding of the game.
- 12 **EJECTIONS** - Any player, coach, or spectator who is ejected from a game for any reason, will not be allowed to attend their teams next schedule game. Multiple ejections will result in an in-person meeting with Recreation Department staff.
- 13 **PLEASE NOTE: All Rules/Game Formats are subject to change at any time at the discretion of the referees, recreation staff or the Hudson Recreation Department.**
- 14 Certified Referees will be brought in to officiate games in the following divisions: Boys 3-4, 5-6, 7-8 and Girls 2-4, 5-6.
- 15 We will stop adding points to the scoreboard if the point differential reaches 20.  
divisions. We ask that coaches use their best judgment during games, if your team is up by 20 points. It is highly recommended to ask players on the court to pull back a little.  
Although we try to keep the teams as even as possible, there may be some teams that are stronger than others.
- 16 **PLEASE NOTE: Team rosters may be altered at any point during the season at the discretion Recreation Staff. Such changes will ONLY take place if Hudson Recreation deems it necessary to "level the playing field" and better distribute both stronger and weaker players, all in an effort to provide the best and most competitive games for all participants.**
- 17 If a team is short-handed, having less than 5 players but more than 3 from it's roster, they may pick up a maximum of two players from another team within their division. only goal here is to ensure those who arrive at the gym expecting to play a game have the opportunity to play and are not sent home due to a team lacking players