

## Hudson Recreation Youth Basketball Rules/Format

BOYS & GIRLS	Grd 2/3	Grd 4/5	Grd 6/7
Game Play	4 V 4 or 5 V 5	5 V 5	5 V 5
Scorekeeping	NO	YES*	YES*
Game Length	40 MIN	40 MIN	40 MIN
Breakdown/Halves	20 MIN	20 MIN	20 MIN
Stop Time	NONE	Last 2 MIN of 1st Half / Last 2 MIN of 2nd Half (only IF score differential is 10 or less)	Last 2 MIN of 1st Half / Last 2 MIN of 2nd Half (only IF score differential is 10 or less)
Half Time	3 MIN	3 MIN	3 MIN
Timeouts	NONE	2 PER GAME : 30 SEC	2 PER GAME : 30 SEC
Overtime	NO	NO	NO
Subbing	4 MIN *	EVERY 5 MIN*	EVERY 5 MIN*
Goal Height	8 ft	10 ft	10 ft
Ball Size	28.5	28.5	BOYS - 29.5\GIRLS - 28.5
Defense (pick up at...)	Half Court	Half Court	Half Court
Defensive Press	NONE ALLOWED	NONE ALLOWED	NONE ALLOWED
Press Rule	NONE ALLOWED	NONE ALLOWED	NONE ALLOWED
Defense Type	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
Palming/Carry Violation	NO	YES	YES
Back Court Violation	NO	YES	YES
10 sec Half Court Violation	NO	YES	YES
Paint Violation	NO	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
Inbounding Time Restrictions	NONE	5 SEC	5 SEC
Free Throw Taken	NO	YES*	YES
Three Point Shot	NO	YES	YES
Team Foul Violation	NONE	NONE	NONE
Player Foul Violation	NONE	5 / OUT	5 / OUT
Referees	YES	YES	YES
Referee Type	REC STAFF	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 games or running skill/drills.
- 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 4/5 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 Unlike previous years, Coaches in Boys and Girls 2/3 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)  
I 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 **Boys and Girls 2/3 Games** - During weeks 1-3 our staff will run drills with both teams prior to each game. They will also, review game format and rules with each team during weeks 1-3. Games during weeks 1-3 will be shortened and 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 **Boys & Girls 2/3 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 calling 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 **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.**
- 13 Certified Referees will be brought in to officiate games in the following divisions: Boys and Girls 4/5 & 6/7.
- 14 We will stop adding points to the scoreboard if the point differential reaches 20 in the Boys/Girls 4/5 & 6/7 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.
- 15 **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.**