

## GOLDENBALL YOUTH BASKETBALL SUPPLEMENTAL LEAGUE RULES

*Revised 6/24/2019*

The Saturday Youth Basketball Program uses  
National Federation of State High School  
Basketball Association Rules with the following amendments.  
[www.nfhs.org/activities-sports/basketball/](http://www.nfhs.org/activities-sports/basketball/)

### I. EQUIPMENT/UNIFORMS:

1. **Game Ball:** **NEW: 3<sup>rd</sup> Grade Only: will use the 27" youth size ball.** All 4<sup>th</sup> grade and 5<sup>th</sup> grade divisions will use an intermediate size ball (28½" circumference). All girls' teams from 4<sup>th</sup> grade through high school will use the 28½" intermediate ball. Boys' teams (6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, and high school) will use the official size ball (29" ball).
2. **Jersey's:** When obtaining jerseys please make sure there is a number on the back at least 6" tall. If using shirts for jerseys, please make sure they are all similar in color and have a number on the back at least 6" tall.
3. **Shorts:** Shorts with pockets, rivets or belt loops are NOT allowed for safety purposes. Shorts must be worn properly--NO SAGGING.
4. If both teams are wearing the same color, the visiting team must change shirt color.
5. **Jewelry:** All visible jewelry (including stud earrings) **MUST** be removed prior to the game. This includes all visible body piercings. Taping of earring(s) will not be allowed. **NO EXCEPTIONS.** This is a National High School Federation Rule. Religious and medic alert medals are not considered jewelry and must be taped to the body.
6. **Compression Sleeves and Shorts:** Are permitted to wear during league games.

### II. RULES FOR GAME PLAYING TIME AND SCORE KEEPING:

#### A. PLAYING TIME:

##### All Grade Divisions:

1. Four (4), ten (10-minute) running time quarters with a five (5) minute halftime and one (1) minute between quarters.
2. Clock stops only during last two minutes of game if there is a six (6) point spread or less. **This decision is made at the 2-minute mark based on the score at that point and continues until game ends. The clock does not switch between stop and running time if the score goes above or below the six-point lead.**
3. Overtime period shall be two (2) minutes of stop time for all games. If the score is tied at the end of the first overtime, then a second overtime of two (2) minutes of stop time will be played. The game will be declared a tie if the score remains tied after the second overtime.
4. Time Outs: Each team is entitled to two (2) one-minute stop-time timeouts per half. Teams will receive one (1) one-minute stop-time timeout for each extra period. Time outs cannot be accumulated.

## Playing Rules Cont.

### B. SUBSTITUTIONS RULES:

A major goal of the Saturday Youth Basketball program is maximum participation by each player, not just the best players. This participation rule promotes maximum participation and allows the coaches as much latitude as possible. This rule requires each player to play a full quarter; it is not intended that any player sit out three full quarters. It is intended that playing time be as equal as possible and that after the one quarter without substitution rule is satisfied, each player make at least one or two more entries into the game.

1. **GRADES 3-8:** All eligible players in attendance on game day must play at least one (1) full quarter. This complete quarter must be on the first entry into the game without substitution. No player may re-enter the game until all other players have been entered.
2. **EXCEPTIONS:** If a player has a health condition (e.g. asthma) and it is brought to the referee's attention **before the game starts**, that player's quarter of playing time may be spread over the entire game. If a player has a disability and needs an accommodation in order to participate, the situation needs to be brought to the attention of Portland Parks and Recreation Sports office at least 48 hours in advance of each game so that arrangements can be made.
3. **HIGH SCHOOL DIVISION:** The above rule does not apply. Follow High School Federation Substitution Rules (Free Substitution is allowed).

### C. SCORE KEEPING:

#### **All Grade Divisions**

1. The home team shall be the official book and is responsible for providing an adult to keep the official score. The Official Scorer tracks the running score, team fouls, and individual fouls for both teams. Their duties also include tracking alternate possession. We encourage both the home team book and visiting team book to sit together for score keeping.
2. It is the referee that will be the final arbitrator in all scoring disputes.

### D. Game Clock:

#### **All Grade Divisions**

1. The visiting team will be responsible for providing an adult to operate the time clock.
2. They are responsible for starting and stopping clock for the game. There are to follow above rules regarding when clock is to be stopped and started.
3. The Timekeeper informs the referee whether running time or stop time is in affect for the last two (2) minutes of the game.
4. Any stoppage of the clock is also at the referee's discretion.
5. A PP&R Staff may choose to operate the clock, thus relieving the visiting team of their responsibility.

### E. Forfeit Time:

#### **All Grade Divisions**

1. Games will start at the time listed on the game schedule.
2. All teams can start play with four (4) players. A 5th player may enter the game upon arrival.
3. If a team does not have enough players ready at the designated start time then then the game is declared a forfeit.
4. Teams that forfeit two (2) games may be dropped from further league play.

### III. Supplemental Game Rules:

#### A. Defensive Team Rules

##### 3<sup>rd</sup> – 5<sup>th</sup> Grade Divisions

1. Zone defenses are not allowed at this level. This means that a player must be guarded by an opponent.
2. Every defender must stay within six (6) feet of the player they are covering.
3. The defensive team cannot start guarding until the ball has entered front court.
4. Double teaming is allowed in the key only. You must still be within six feet of the person you are guarding.

##### 6<sup>th</sup> – High Grade School Divisions

1. Teams at all other divisions of play may use any type of defense.

#### B. Pressing:

##### 3<sup>rd</sup> – 5<sup>th</sup> Grade Divisions

1. Teams may not play any backcourt defense EXCEPT in the last two minutes of the game.
2. **No team can press if they have a ten (10) point lead or more.**

##### 6<sup>th</sup> Grade through High School Divisions

1. Teams may press any time during the game.
2. **No team can press if they have a ten (10) point lead or more.**

#### C. Offensive Team Rules:

##### 3<sup>rd</sup> – 5<sup>th</sup> Grade Divisions

1. Teams are not allowed to use any offense that isolates players. This includes four corner plays and plays where the offensive player is going one-on-one while other players clear out.
2. Teams at this level may shoot free throws from either the 12-foot or 14-foot mark from the basket.

##### All Other Divisions

1. All other division may play any type of offense.

For coach expectations please refer to the Goldenball Guidelines. We hold our volunteer coaches to high standards when representing your recreational youth basketball team. Kids play for their enjoyment not ours.



ATHLETE



COACH



OFFICIAL



FAN

**REMEMBER: SATURDAY YOUTH BASKETBALL IS FOR FUN!**

We Honor the Game



BETTER ATHLETES  
BETTER PEOPLE