

# Boy's Basketball Rules & Regulations - 2025

## 3-9<sup>TH</sup> GRADE

Cities Involved: Riverdale, South Ogden, South Weber, Washington Terrace, & Ogden Valley

***Players must register in the city where they live or get permission to register in another city.***

**18 Minute Halves** – Running clock. Clock will only stop on shooting fouls, injuries and time-outs until the final 2 minutes of each half. Clock will be stopped on every whistle during the final 2 minutes of each half. This is a recreational league and it is ***strongly encouraged*** that each player plays as much as possible each game. **Please substitute all players equally.**

**Time-outs** 2 <30> seconds time-outs per half. Time-outs do not carry over from the 1<sup>st</sup> to 2<sup>nd</sup> half.

**Over-time** 3-minute over-time period. Clock will only stop on every whistle in the last minute of over-time. Over-time will start with a jump ball. Each team will get ONE (1) time-out. Time outs do not carry over. If the game is still tied after overtime, the game will end in a tie.

**Press Rule** NO FULL Court Press will be allowed in grades 3<sup>rd</sup> & 4<sup>th</sup> grade. 5<sup>th</sup> grade- no full court press until the last 2 minutes of the game. 6<sup>th</sup>-9<sup>th</sup> may press the entire game Once a team is ahead by 15 or more that team must go back to the 3-point line.

**Technicals – THIS RULE APPLYS TO COACHES – PLAYERS – PARENTS!!**

Any 2 technicals given for unsportsmanlike conduct will result in ejection from the game and suspension from the next scheduled game (this includes any tournament games).

Anyone who has received 3 unsportsmanlike technicals will be suspended for the remainder of the season (this includes tournament).

Any player who receives a technical foul will be required to sit out for five minutes or the remainder of the game if less than five minutes.

**3<sup>rd</sup> & 4<sup>th</sup> grade** – No 3-point baskets. (3<sup>rd</sup> grade will play on a 9 ft. basket and shoot free-throws from 12 ft. out).

**5<sup>th</sup> – 9<sup>th</sup> grade** – 3-point baskets will count (if there isn't a 3-point line marked on the court – then there are NO 3-point shots allowed).

**Ball Size** – 3<sup>rd</sup>-5<sup>th</sup> grade will use a 28.5" size ball. Grades 6-9<sup>th</sup> will use a regulation 29.5" size ball.

**FORFEITS** You may start the game with 4 players but must have your 5<sup>th</sup> player by the end of half time or it will be considered a forfeit. If a team has less, then four players you will be given a five-minute grace period before a forfeit is called. **Players cannot be added to your roster after the 3<sup>rd</sup> game of the season.**

**NO PLAYER(S) WILL BE ALLOWED TO WEAR SHORTS OR PANTS WITH POCKETS DURING GAMES!!**

**SPORTSMANSHIP** – Good sportsmanship is expected from all. Coaches and parents are encouraged to be positive and supportive at all times. Teams, players, coaches, fans are evaluated for sportsmanship each game and must qualify for their next game. Please help make this a good, fun experience for all.



**ALL OTHER RULES WILL BE PLAYED ACCORDING TO UTAH HIGH SCHOOL RULE BOOK**

Teams will not be allowed on the court until their scheduled game time. If time allows, a warm-up period will be given to each team. If a team is ahead by 20 or more points – the scoreboard will NOT show the score and we will go to a running clock. The clock will only stop for timeouts or if the team gets within 20 points.

If you have any questions regarding this league, please contact your director. Thank you!!

Riverdale – Baylee or Jake– 801-621-6084, Washington Terrace –Carlos- 801-395-8293,  
South Ogden – Julianna – 801-622-2950, South Weber – Curtis -801- 476-4445, Ogden Valley – Bryan

**No food or drinks in the gym. Please make sure that snacks are given to the players outside the gym. Water bottles with lids are allowed in the gym. No other food or drink allowed! Absolutely no containers with straws will be allowed in the gym.**

# 3<sup>rd</sup>-9<sup>th</sup> Grade Boys Basketball Rules & Regulations-2025

Riverdale, South Ogden, South Weber, Washington Terrace, & Ogden Valley

Rules used are the National federation High School rules except where changed by the Recreation Departments involved in the league (see below.)

<b>Grade:</b>	<b>3<sup>rd</sup>-5<sup>th</sup> Grade Boys</b>	<b>6<sup>th</sup>-9<sup>th</sup> Grade Boys</b>
<b>Ball/Hoop:</b>	3 <sup>rd</sup> -5 <sup>th</sup> - 28.5 inch Ball 3 <sup>rd</sup> - 9ft hoop, 12ft free throw line 4 <sup>th</sup> & 5 <sup>th</sup> - 10 ft hoop	29.5 inch Ball, 10ft hoop
<b>Clock:</b>	<b>18 Minute Halves-</b> Running Clock. Clock will only stop on Injuries and Time-outs until the final 2 minutes of each half (on every whistle).	
<b>Time Outs:</b>	Two (2) 30 second time-outs per half. Time-outs do not carry over from the 1 <sup>st</sup> to 2 <sup>nd</sup> half.	
<b>Score:</b>	<p><b>3<sup>rd</sup> &amp; 4<sup>th</sup>-</b> No 3-point baskets.</p> <p><b>5<sup>th</sup>-9<sup>th</sup> -</b> 3-point Baskets Count. If there are no 3-point lines marked on the court, then no 3-point baskets.</p> <p>All grades - The front, top, bottom, and sides of the basket are in-bounds. The back of the backboard, as well as the structure holding the backboard are out of bounds.</p> <p><b>20 points ahead-</b> Will not be shown on scoreboard, game will go to a running clock. **Clock will only stop for time outs or if the team gets within 20 points.**</p>	
<b>Press Rule:</b>	3 <sup>rd</sup> & 4 <sup>th</sup> - No Full court press 5 <sup>th</sup> - No Full court press until the last <b>2 minutes of the game.</b>	<b>May press entire game.</b> Once a team is ahead by 15, that team must go back to half-court defense. Defense must let the offense cross over half court line.
	We encourage coaches to pull their defense back to the 3-point line when ahead by 20 points	
<b>Overtime:</b>	3-minute over-time period, begins with jump ball. Running clock. Clock will only stop on every whistle in the last minute of overtime. Each team will get ONE (1) time-out. Time-outs do not carry over. If game is still tied after over-time, the game will end in a tie.	

**We strongly encourage that each player plays as much as possible each game.** Please substitute all players equally. Teams will not be allowed on the court until their scheduled game time. If time allows, a warm-up period will be given to each team. Players may only play on one team per division.

**TECHNICALS (Applies to Coaches, Players, & Parents):** Any player who receives a technical foul will be required to **sit out for five minutes**. Two (2) technical fouls given to a player for unsportsmanlike conduct will result in ejection from the game and suspension from the next scheduled game. Anyone who has received three (3) unsportsmanlike technical fouls will be suspended for the remainder of the season. League director has absolute autonomy to enforce or negate any suspensions.

**COACHES:** Only ONE (1) coach may stand while the game is in progress. All other coaches must remain on the bench. If two coaches are off the bench complaining to officials, a technical foul may be called. If a **coach is given a technical foul**, ALL coaches must remain sitting for the remainder of the game. Parents and fans can cause a team to receive a bench technical. This technical applies as a coach's technical. Anyone ejected from the gym by official or program supervisor is required to leave within two (2) minutes. Refusal to leave will result in game stoppage and possible forfeit.

**FORFEITS:** The game may start with 4 players but must have a 5<sup>th</sup> player by the end of half time or it will be considered a forfeit. Game time is forfeit time, no grace period. Players cannot be added to your roster after the 3<sup>rd</sup> game of the season.

**DRESS:** Jewelry of any kind, watches, earbuds, and shorts/pants with pockets are not allowed.

**SPORTSMANSHIP:** Good sportsmanship is expected from all. Coaches and parents are encouraged to always be positive and supportive. Help make this a good, fun experience for all. Spectators are not allowed to use noise making devices. **NO FOOD OR DRINK IN THE GYM.** Snacks must be given outside of the gym. Water bottles with lids are allowed, no straws.

If you have any questions or concerns, contact your league director:

**Riverdale-** Baylee or Jake: 801-621-6084 **South Ogden-** Julianna: 801-622-2950

**South Weber-** Curtis: 801-476-4445 **W. Terrace-** Carlos: 801-395-8293 **Ogden Valley-** Bryan: bryan@cibiins.com