

2024 POST FALLS PARKS AND RECREATION YOUTH BASKETBALL RULES

DIVISION	1st & 2nd Grade	3rd & 4th Grade	5th - 9th Grade
BALL SIZE	27.5	28.5	5th/6th Girls 28.5 (Women's Official) 7th-9th Boys 29.5 (Men's Official)
BASKET HEIGHT	8 Feet	9 Feet	10 Feet
GAME LENGTH	Four 8-minute quarters	Four 10-minute quarters	Four 10-minute quarters (running Clock)
CLOCK	Clock stops for injuries and time outs	Clock stops for free throws, injuries, and time outs, and under 2 minutes of 2 nd and 4 th quarter.	Clock stops for free throws, injuries, and time outs, and under 2 minutes of 4 th quarter.
OVERTIME	N/A	One 2-minute quarter. If no winner-TIE	One 2-minute quarter. If no winner-TIE
TIME OUTS	3 per half, if you don't use them, you lose them	3 per half, 1 per overtime. If you don't use them, you lose them	3 per half, 1 per overtime. If you don't use them, you lose them
SCORE	Kept by PF Scorekeeper on scoreboard	Kept by PF Scorekeeper on scoreboard	Kept by PF Scorekeeper on scoreboard
PLAYING TIME	Must be equal (each player must play at least half the game)	Must be equal (each player must play at least half the game)	Must be equal (each player must play at least half the game)
SUBSTITUTIONS	At time outs, dead balls, or quarters. Players must check in	At time outs, dead balls, or quarters. Players must check in	At time outs, dead balls, or quarters. Players must check in
PERSONAL FOULS	N/A	Kept by stat keeper, allowed 5	Kept by stat keeper, allowed 5
TEAM FOULS	N/A	Shoot 1-and-1 after the 7th team foul of each half. Shoot 2 on and after the 10th of each half	Shoot 1-and-1 after the 7th team foul of each half. Shoot 2 on and after the 10th of each half
FREE THROWS	N/A	Player can be one step in front of foul line	Player must be behind normal foul line
JUMP BALL	Starts the game, then possession alternates	Starts the game, then possession alternates	Starts the game, then possession alternates
TRAVELING	Called only if player is trying to gain advantage. Progressive calling throughout the season	Called leniently. Progressive calling throughout the season	Called closely
DOUBLE DRIBBLE	Called only if player is trying to gain advantage. Progressive calling throughout the season	Called leniently. Progressive calling throughout the season	Called closely
STEALING THE BALL	Not allowed off dribble, OK on pass	Allowed	Allowed
OVER AND BACK	N/A	Called closely	Called closely
FAST BREAKS	Allowed starting week 3	Allowed	Allowed

LANE VIOLATIONS	N/A	Called leniently. Progressive calling throughout the season	Called closely
KEY VIOLATIONS	N/A	Called leniently. Progressive calling throughout the season	Called closely. Players may be warned first
5 SECOND VIOLATIONS	N/A	Called leniently	Called leniently
DEFENSE	One on one only. Help defense is OK. NO DOUBLE TEAMING	One on one. Help defense is OK. Double teaming allowed in the key ONLY	One on one. Help defense is OK.
PRESS	NOT ALLOWED	NOT ALLOWED	*See full court press rule
"TRASH TALK"	NOT ALLOWED	NOT ALLOWED	NOT ALLOWED
UNIFORM	Post Falls team shirt. No jewelry	Post Falls team shirt. No jewelry	Post Falls team shirt. No jewelry

- **TECHNICAL FOUL:** A player given a technical foul will have to sit out for the remainder of the quarter. If there is one minute or less remaining in that quarter, then the player must sit out the entirety of the next quarter as well. If the player becomes an additional problem on the court, then the player will sit out the entire game. This decision will be up to the officials only. However, coaches if you have a player acting up, please do the right thing and pull that player off the court until they understand how to behave on the court. If you do not feel comfortable doing this, get the parent involved. Any player/coach who insists upon unsportsmanlike conduct (before, during or after the game) and/or has two technical fouls called against them will be removed from the game, suspended for the next game, and placed on probation for the remainder of the season.
- **NO ZONE DEFENSE:** Defenses will play MAN TO MAN DEFENSE. If a defensive player gets beat, another player may “help” but must return to their man when the beaten defensive player picks up his man again OR the players can switch the offensive players they are defending. **Grades 5-9 may pick up their players at half court. Grades 1-4 may pick up their player at the 3-point line.**
- **FULL COURT/MAN TO MAN PRESS:** (Grades 5-9): Full court press will be allowed ONLY the last two minutes of the 2nd and 4th quarters and if the teams are within 10 Points of each other.
- **MERCY RULE:** If a team is up by 30 points the scoreboard will stop posting the score until the score difference drops to 20 points or less. The scoreboard will then resume displaying the score.
- **REFEREES:** There will be one or two referees per court. In the case that there is not a referee, coaches should step in and help to the best of their ability. On occasion the officials may stop play to explain a call or rule. This will be done to assist in the development of each team.
- If a team is up by 25 pts at the start of the 4th quarter, scoreboard will stop posting the score on the display unless the difference returns to 10 points or less

Please remember that the spirit of this league is for players to learn basketball fundamentals, skills and to build confidence as an athlete and to have a FUN time.

The rules have been set in mind with this in mind.

Coaches: please police your parents, players and assistant coaches, teams can receive technical fouls based on their actions as well. Please respect your officials and all Post Falls staff, work with them and attempt to communicate with them. Remember this league is for the players.