



## BOYS & GIRLS CLUB OF FAULKNER COUNTY

Revised 12-16-2025

### Youth Basketball Rules and Regulations

1. Your five players that start the game will play the entire 1<sup>st</sup> quarter. All players who didn't start the game will play the entire 2<sup>nd</sup> quarter. The 3<sup>rd</sup> quarter will be started with any (5) players for the 1<sup>st</sup> 3 ½ minutes and then all remaining subs will play the 2<sup>nd</sup> 3 ½ minutes remaining in the 3<sup>rd</sup> quarter. The coach can play the 4<sup>th</sup> quarter with whomever they choose. (All players must play a minimum of 1 and a half quarters a game.)
2. The game will start with a center jump and then alternating positions after that.
3. Teams will play four 7 minute quarters. We will use a running clock **until the last two minutes** of the game. Clock will stop on timeouts and technical fouls. There is a 5 minute halftime.
4. **Half-court defenses only\*\***. Teams may play any half-court defense that they choose.
5. **\*\***Teams may use full court defense only in the **last 2 minutes** of the game. You can press under two conditions: 1.) You are losing or tied. 2.) You are winning by 3 points or less. Keep the phrase : “4 or more get down the floor, 3 or less you can press” in mind. 😊
6. Each team will be allowed two timeouts per game. A third timeout for both teams will automatically be called halfway thru the 3<sup>rd</sup> quarter.
7. Foul Shots: Players will be given two free throws for every foul once their team has reached the bonus situation. A bonus is reached when a team commits five fouls in each quarter. Team fouls will reset each quarter. In 1<sup>st</sup> - 4<sup>th</sup> Grade the free throw shooter can jump over the line.
8. When the horn blows after time outs or between quarters each coach will have 15 seconds to get their team on the floor and ready to play.
9. Intentional fouls will be 2 shots plus the ball back. All technical fouls will shoot two.
10. If a game is tied after regulation teams will play a two-minute overtime period. Overtime will start with a center jump and then alternating positions after that. Each team will earn an additional timeout per overtime period. All unused timeouts will carry over to the next period. At the end of the first overtime if we do not have a winner we will go to Sudden Death. We will center jump and first point wins the game.
11. **1<sup>st</sup> & 2<sup>nd</sup> grade teams** will play on a 9-foot goal and use a 27.5 size basketball. Free throws will be shot 11-feet from the rim of the basket.
12. **1<sup>st</sup> & 2<sup>nd</sup> grade GIRLS** will play 3-on-3 on a half court. They will shoot free throws during halftime, all made baskets will count to their total game points.

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