



YOUTH BASKETBALL · FRISCO, TEXAS

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# COMPETITION RULES

REVISED MARCH 2026

All Gameday Youth Basketball games are conducted under National Federation of High School (NFHS) Basketball Rules, except where noted below.

## 1. COMPETITION RULES

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- a. All Gameday Youth Basketball games will be conducted under National Federation of High School Basketball Rules, unless otherwise noted.

**Players are disqualified on their 6th Personal Foul**

## 2. UNIFORMS

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- a. Numbers on the back of the uniform are required. Numbers on both front and back are strongly recommended.
- b. All other NFHS rules regarding uniforms and uniform numbers are waived. It is recommended, but not required, that teams have both a dark and light-colored jersey.

## 3. HOME TEAM DESIGNATION

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- a. Home team wears the lighter colored jersey. Away team wears the darker colored jersey. In tournament bracket play, the top team will be the home team.

## 4. GAME BALL / SCOREKEEPER / CLOCK OPERATOR

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- a. The Home Team provides the game ball. Teams must bring their own warm-up balls.
- b. Gameday provides the official scorekeeper and clock operator.

## 5. BALL SPECIFICATIONS

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- a. **28.5" Ball is used for:**
  - All Girls divisions.
  - Boys up to 6<sup>th</sup> Grade Divisions (6<sup>th</sup> Grade Boys coaches may mutually agree to play with a 29.5" (Regulation) Ball.
- b. **29.5" (Regulation) Ball** is used in the Boys 7<sup>th</sup> Grade Division and up.

## 6. GAME DURATION

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- a. Four (4) 10-minute quarters with a running clock.
- b. Stopped clock on the whistle during the final 2 minutes of regulation when the margin is 20 points or fewer.
- c. 1 minute between each quarter.
- d. Halftime is 3 minutes.

## 7. OVERTIME

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- a. If the game is tied at the end of regulation, a two (2) minute overtime period will be played.
- b. Stopped clock on the whistle throughout overtime.
- c. If the game remains tied after the first overtime, sudden death overtime will be played. The first team to score any point, free throw or field goal, wins.

- d. All overtime periods begin with a center jump ball.

## 8. PRE-GAME WARM-UP

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- a. Minimum of 3 minutes. Warm-up length may be adjusted at the discretion of the Site Director.

## 9. FREE THROWS

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- a. 1-and-1 bonus is awarded on a team's 10th Team Foul of each half. No double bonus.

## 10. TIMEOUTS

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- a. Each team receives (3) 45 second timeouts per game.
- b. One additional timeout is granted for each overtime period.

## 11. PRESSING RULES

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- a. **All Divisions:** Teams may not press beyond half court when leading by 20 or more points at any point during the game.
- b. **3<sup>rd</sup> Grade – 5<sup>th</sup> Grade B & C Divisions:** No pressing beyond half court until the second half.
- c. First pressing violation draws a warning from officials. Subsequent violations result in a bench technical foul assessed to the Head Coach.

## 12. TIEBREAKER — SEASON STANDINGS

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- a. Two-team tie: Head-to-head record.
- b. Three or more teams tied:
  - i. Head-to-head record among tied teams.
  - ii. Point differential.
  - iii. Points allowed.

## 13. BEHAVIOR STANDARDS

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- a. Inappropriate behavior and verbal assault will not be tolerated.
- b. Each coach is responsible for the conduct of their players, fellow coaches, and fans — on and off the court. Promote sportsmanship in every result.
- c. The Site Director or any game official may remove a player, coach, or attendee from a game, tournament, or venue for inappropriate behavior or verbal abuse.
- d. The Site Director may take any corrective action deemed necessary to protect participants, ensure proper conduct, and uphold the standards of Gameday.
- e. All teams, coaches, players, and spectators are subject to these rulings.
- f. Any coach, player, or spectator ejected by an official or the Site Director may face further suspension or removal from Gameday.

## 14. DIVISIONS

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- a. Teams register according to the highest grade of any player on the roster.
- b. League divisions are finalized after the registration window closes.

- c. Divisions are formed based on grade and skill level. Coaches are notified of their assigned division shortly after registration ends.
- d. Divisions may include players from more than one grade.
- e. Teams may only play players corresponding to the grade registered. Violations result in a forfeit and potential division reassignment.
- f. Gameday reserves the right to move teams between divisions to maintain appropriate competition levels.
- g. Division adjustments do not qualify for refunds or credits.

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## 15. PROTESTING A DIVISION PLACEMENT

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- a. If a coach believes a team is competing in the wrong division, address the concern directly with the Site Coordinator or Gameday directors.
- b. Do not raise this concern with the opposing coach, officials, players, or spectators.
- c. Gameday directors will assess the situation and act accordingly.

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## 16. BORROWING PLAYERS / AVOIDING FORFEITS

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- a. Teams may play with a minimum of 4 rostered players to avoid an automatic forfeit.
- b. Teams are expected to use rostered players. If a scheduling conflict or emergency arises and a team cannot field enough players, notify the league at least 48 hours in advance as a courtesy to the opposing team.
- c. If gameday arrives and a team is unexpectedly short, the coach may bring in 1-2 guest players to keep the game going. Guest players must fall within the age and grade range of the division unless the opposing coach agrees otherwise.
- d. Any game played with guest players will be recorded as a loss for the borrowing team. The game will be played in full, with refs. We want kids on the court.

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## 17. PLAYING TIME

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- a. In B and C divisions, coaches are expected to give all players a minimum of 50% playing time per game.
- b. There are no playing time requirements in **Division A**.
- c. Coaches have discretion to adjust playing time for players who arrive late or for internal team disciplinary reasons.
- d. This rule exists for the kids. We trust coaches to honor the spirit of it.