Sno-King Youth Club
3rd-8th Grade Basketball Rules 2026-27

OFFICIAL RULEBOOK:
All games are played according to the rules published by the National Federation of State High School Athletic Associations with the modifications listed below taking precedence. Please refer to the NFHS official's manual and rulebook.

RULE 1 - EQUIPMENT

1.01 Court Markings - Free Throw Line

The regulation 15' free throw line has been shortened (grades 3-4) and free throws will be attempted from modified lines as follows:

- 3rd grade Boys & Girls ---------- 12 feet (13 ft w/ backboard)
- 4th Grade Boys & Girls ---------- 13 feet
- 5th-8th Grade Boys & Girls ---------- 15 feet

1.03 Ball Size

3rd-6th Grade Boys & Girls – size 6
7th grade girls – size 6
7th/8th grade boys – size 7

1.04 Height of the Hoop
3rd grade boys & girls - 9 feet
4th-8th grade boys & girls - 10 feet

RULE 2 - OFFICIALS AND THEIR DUTIES
No change.

RULE 3 - PLAYERS AND SUBSTITUTES

3.01 Team Spokesman - One team coach may serve as a spokesman to confer with referees on matters during the game. **This spokesperson is the only one allowed to stand during the game for their team staff.** The coach serving as spokesman is assuming the rights reserved for the team captain as listed in the regulation rulebook. Prior to the start of the game, referees and coaches must determine who is going to serve as team spokesman. **A maximum of 2 coaches will be allowed on the team bench (one head coach and one assistant).**

3.02 Mandatory Substitution Rule - All eligible players in uniform must enter each game and play the amount of time prescribed by the following rules:

1. All eligible players in uniform MUST PLAY a minimum of 12 minutes.
2. **Exceptions** - If a player is unable to complete the required playing time due to illness, injury or fouling out, he/she may be substituted.
3. **Penalty for Illegal Substitution** - A substitution violation will be recorded as a technical foul against the violating coach. Illegal substitutes must be replaced immediately by a legal player.
4. Teams that do not have 5 players at game time, will have 5 minutes to field the fifth player on your roster, otherwise the game will result in a forfeit. **Sno-King Referees are not required to referee a forfeited game.**
5. If a player fouls out of a game, he/she must leave the game regardless of whether he/she has completed the playing requirements. The coach may substitute any player he/she wishes for the fouled-out player. The score keeper will note on the score book the amount of time remaining in the quarter at the time the substitution is made.

All players listed on the official roster must be listed in the score book at each game, even if they are not present. Players not arriving by game time should be listed as absent in the scorebook. If a player arrives late, the coach may elect to play or not play that player. You must inform the official score keeper of your decision. If the coach does decide to play the child, all playing rules must be met.

Score books will be monitored during the games by the gym supervisor to verify that the playing rule requirements are being met. Scorebooks will be reviewed periodically by the Director as well.

COACHES ARE ENCOURAGED TO PROVIDE EQUAL PLAYING TIME FOR ALL PLAYERS!

RULE 4 - DEFINITIONS
No change.

RULE 5 - SCORING AND TIMING REGULATIONS
5.01 Time Clock Regulations:
A. A regulation game will consist of (4) 8-minute quarters with a running clock.
B. The last 1 minute (final 60 seconds) of each quarter will be a stop-clock unless there is a 20+ point score difference.
C. Halftime will consist of a three (3) minute break.
D. Other than the last minute of each quarter, the clock will stop only during team or official time-outs, injury and free throws.

5.02 Overtime Period:

NO OT in regular season (Games will end in a tie). During playoffs, if tied at the end of regulation, a 3-minute overtime will be played. If still tied at the end, "sudden death" will occur with the next basket scored wins. 1 timeout per team in OT.

5.03 Time-Outs - Limit of two time-outs per half for each team. Time outs last for 30 seconds and time may resume after the time-out concludes. Time-outs cannot be saved from one half to be used in the next half.

5.04 Halftime Score - If the halftime score differs by 20+ points, the scoreboard may reset to 0 – 0. The official score will be kept on the score sheet.

5.05 10-Second Rule – The 10-second rule to advance the ball past half court will be used for 3rd – 8th grade leagues

RULE 6 - LIVE BALL AND DEAD BALL
No change.

RULE 7 - OUT OF BOUNDS AND THROW-IN
No change.

RULE 8- FREE THROWS & FOULS:
8.01 Five fouls per player, per game for disqualification.

8.02 UPDATED BONUS RULE: Teams will now enter the bonus once five team fouls have been committed in a quarter. When the fifth team foul occurs, the opposing team will now shoot two free throws on all fouls until the end of the quarter. * This replaces the old 'One and one' foul shots rule. *

RULE 9 - VIOLATIONS AND PENALTIES
9.01 **Defense**

*3rd - 5th Grade – NO zone defense is allowed; teams must use Person-to-person defense. Help defense is allowed; defenders must be positioned 6ft from the offensive player whom they are guarding. There is NO Double Teaming outside the 3 Point line.

NOTE: If the offense initiates bringing a second defender into the space, (i.e. on a pick and roll) it is not a double team unless the two defenders are guarding the ball.

*4th - 5th Grade: Boys and Girls will be allowed to play backcourt defense in the fourth quarter ONLY unless leading by 10 points or more (trailing team may play back court defense at any time during the fourth quarter). Only a person-to-person press will be allowed in this situation.

*6th/7th/8th Grade: Zone or person-to-person defense is allowed for the entire game. Full court press is allowed for the duration of the game UNLESS your team is up by 10 points or more.

***Combined leagues play will play to the oldest grades' rules. For example: 5th/6th grade girls' teams may play zone or person-to-person defense for the full game.**

9.04 Illegal Offense - Four corner, clearing a side/isolation, or any other offense that in the judgment of the official is designed to take advantage of the no zone rule is not allowed.

The first-time teams are detected to be intentionally in violation of running an illegal offense the team will be issued a warning. **Each subsequent intentional offense may result in a technical foul (an automatic two points plus possession).**

9.05 Seconds in the Key:

League	Seconds Allowed in Key
3rd-8th Grade	3 seconds

9.06 Over-and-Back

3rd – 8th Grade leagues - over-and-back rules are applied.

Over-and-Back violation to occur the team with possession of the ball must first cross the halfcourt line (along with both of a player's feet if they have possession), into the opponent's half. If a player then crosses back over the half-court line into the backcourt, and touches the ball while in the backcourt, without an opposing player touching it first, this is considered an Over-and-Back violation.

RULE 10 – JUMP BALLS:

All leagues will start games with a jump ball. After the initial jump ball the alternating possession rule will be used.

RULE 11 - TECHNICAL FOULS:

- **All technical fouls will be non-shooting. An automatic two points plus possession of the ball will be awarded on any technical foul.**
- All technical fouls assessed to players, resulting from unsportsmanlike conduct, are also personal fouls.
- Intentional Fouls will be ruled as an automatic two points plus possession.
- Two technical fouls in one game by a player or coach will result in that player or coach being ejected from the game and gym. They will be suspended for the next scheduled game and must meet with the Executive Director before being reinstated into the league.
- Bench technical fouls on parents will be assessed to the coach. The coach is responsible for control of his or her sideline.

RULE 12-UNIFORMS

- Only SKYC provided uniforms will be worn by players during the games.
- Home Team will wear lighter shade and Away team will wear darker shade (reversible jerseys).
- If your team has an SKYC approved sponsor, then the sponsor may choose to have their COMPANY name screened on the back or the team's name. This must be done through SKYC. Please contact SKYC for Team Sponsorship details.
- Other than a team sponsor, nothing is allowed to be added to the SKYC uniform.
- Due to safety and injury issues, jewelry is not allowed to be worn. Taping jewelry is NOT allowed. Exception: Medical alert bracelets may be worn and taped to the wrist.