



DES MOINES YOUTH BASKETBALL LEAGUE RULES

The Des Moines Youth Basketball League is played at various locations throughout Des Moines. The phone number for the Park and Recreation Department is 237-1386.

On days of inclement weather, the decision to postpone is made a minimum of one (1) hour in advance of the scheduled games and will be recorded on our Athletic Hotline, 256-2434. Text DSMSports to 84483 to receive weather postponement information.

GAME RULES

I. TIME LIMITS

- A. Games for 1st & 2nd and 3rd & 4th grade leagues will be four (4) eight (8) minute quarters. The clock will run continuously except in the last minute of the second & fourth quarter when it will stop for fouls and out of bounds play. 5-7 grade leagues will play sixteen (16) minute halves with the last minute of each half timed.
- B. All games start with a jump ball. Possession will then alternate for the duration of the regular timed game. Jump balls are factored into alternate possession.
- C. Overtime will be one (1) minute of regular timed basketball. The second overtime will be sudden death. Both overtimes will begin with a jump ball.
- D. Two (2) 30 second time outs per half. Time outs do not carry over. Overtime periods have one time out per overtime. Halftime will be three (3) minutes long
- E. Time limit violations: (Loss of Ball-Turnover)
 - 1.) 3 seconds in the lane
 - 2.) 10 seconds to mid-court
 - 3.) 5 seconds to in-bound
- F. In the 4th quarter of games involving grades 1-4, with one minute or less to play in the games that are within 4 points, the clock will not start until the leading team crosses mid court. It is regular timed if possession is by the team behind. This eliminates the clock running out when teams can only play half court defense.

II. FOULS

- A. Players foul out on the fifth foul.
- B. Technical fouls count as both team and personal fouls. All technical fouls result in two points awarded to the opponents score. The opponent also receives ball possession.
- C. In the 5-7 grade divisions, non-shooting fouls result in one and one free throws on the seventh (7th) team foul of the half. Beginning with the 10th team foul of the half, non-shooting fouls result in two free throws. Lower divisions will not shoot foul shots but get ball possession.
- D. In grades 1 through 4, a shooter fouled in the act of shooting, will have the basket count for 2 points. If the attempted shot is made, an additional point will be added for a total of three (3)

points. In older divisions (5th grade and up) a foul in the act of shooting will put the shooter at the foul line for two shots worth one point each, three if the attempt was a three pointer. If the shooter is fouled in the act and the basket is made, they will shoot one shot for one point.

- E. Technical fouls are never shot at any level, but the offended team will be awarded 2 points.
- F. The second technical is an automatic ejection of player or coach. An ejected person is suspended for the next game and must leave the building immediately or team may be subject to forfeit.

COACHES ARE RESPONSIBLE FOR TEAM/SPECTATORS. UNSPORTSMANLIKE ACTS COULD RESULT IN SUSPENSION OR DISMISSAL.

III. DEFENSE (Restrictions):

1st & 2nd grade and 3rd & 4th grade leagues cannot go past mid-court on defense. Any type of defense is legal. In the 1st & 2nd grade division, the ball cannot be stolen from the person in control, unless the player with the ball is in the lane. In all other divisions stealing is allowed. In the 5-7 grade divisions, full court defense may be used until a ten (10) point lead is attained. With a lead of 10 points or more, teams cannot defend until half court. If the lead is reduced to less than ten (10) points, full court defense is once again allowed.

IV. SUBSTITUTION & ROSTERS:

Substitutions may be done on a dead ball. Players must check in at the score table. Players must play in their grade division.

V. FORFEITS:

Game time will be forfeit time. Teams must have five (5) legal players to start and finish the game.

VI. UNIFORMS:

Each team will be issued game jerseys.
Home team wears white.

VII. BASKET HEIGHT:

1st Grade- 7 Feet

2nd Grade – 8 Feet

3rd Grade- 9 Feet

4th - 7th grade – 10 feet

If grade levels are combined, (i.e. 1st & 2nd) the basket height will equal the higher grade level. (i.e. 8 feet.)

VIII. LEGAL BALL

The legal ball is the Intermediate (28.5 Girls High School size).

IX. 3 POINT BASKETS COUNT IN ALL FULL COURT GAMES.

Games run on time. To avoid crowds, it is recommended not to come earlier than fifteen (15) minutes before game time. No rescheduled games or time adjustments are allowed.

“NO FOOD OR DRINK IN GYMS”