

# HYAA Recreation Basketball Rules

01/2025

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## HYAA Recreation Basketball Rules Summary: Kindergarten - 2nd grade

	<b>Boys &amp; Girls K</b>	<b>Boys1</b>	<b>Girls 1-2</b>	<b>Boys 2</b>
<b>Basket Ht.</b>	8 ft. with extension hoop	8 ft.	7ft. start – 8 ft. end	9 ft.
<b>Ball Size</b>	27" / 27.5"	27" / 27.5"	27" / 27.5"	28.5"
<b>Game Time</b>	No Games – 4x4 Developmental Scrimmages can be started sometime in February at the League President's discretion. These are only to be 30 minutes maximum – the first ½ hour should be practice or stations.	No Games – 4x 4 Developmental Scrimmages can be started sometime in February at the League President's discretion. These are only to be 30 minutes maximum – the first ½ hour should be practice or stations.	No Games – 4x4 Developmental Scrimmages can be started sometime in January at the League President's discretion. These are only to be 30 minutes maximum – the first ½ hour should be practice or stations.	No Games – 4x4 or 5x5 Developmental Scrimmages can be started sometime in January at the League President's discretion. These are only to be 30 minutes maximum – the first ½ hour should be practice or stations.
<b>Referees</b>	Coaches ref and are encouraged to stop and instruct on the spot			
<b>Playing Time</b>	Equal playing time for all	Equal playing time for all	Equal playing time for all	Equal playing time for all
<b>Substitutions</b>	No clock – coaches substitute as often as possible to get all players equal time			
<b>Defensive Restrictions</b>	Defense should not pressure ball until it enters the paint area			

## HYAA Recreation Basketball Rules Summary: 3rd & 4th grade

	Girls 3-4	Boys 3	Boys 4
<b>Basket Ht.</b>	9 ft.	10 ft.	10 ft.
<b>Ball Size</b>	28.5"		
<b>Game Time</b>	<ul style="list-style-type: none"> <li>• Four 8 minute running quarters or two 16 minute halves.</li> <li>• Clock only stops on free throws and starts when the player is handed the ball for the 2<sup>nd</sup> shot.</li> <li>• Clock stops on all whistles in final 2 minutes of the game (in regular season clock only stops if time permits)</li> </ul>		
<b>Clock/Book</b>	Home: clock Away: book		
<b>Intermission</b>	1 minute between qtrs. 2 minutes halftime		
<b>Overtime</b>	One 3 minute overtime – 1 add'l timeout each		
<b>Referees</b>	1 Patch Ref, 1 Student Playoffs: 2 Patch Refs		
<b>Playing Time</b>	Each player must play at least 4 eighths and must sit at least 2 eighths		
<b>Substitutions</b>	<ul style="list-style-type: none"> <li>• At the 4 minute mark of each qtr. Play is stopped and players not in the game are substituted in.</li> <li>• After each player has played their 4 eighths and sat 2 eighths, free substitutions are allowed.</li> </ul>		
<b>Time Outs</b>	3 Per Team		
<b>Team Fouls</b>	<ul style="list-style-type: none"> <li>• 7<sup>th</sup> team foul per half is 1 and 1; 10<sup>th</sup> foul is 2</li> </ul>		
<b>Indiv. Fouls</b>	5 fouls per player		
<b>3 second rule</b>	Referees may instruct players about the rule but it is not enforced		
<b>Defensive Restrictions</b>	<ul style="list-style-type: none"> <li>• Defense inside the 3-point line</li> <li>• Half court pick up is allowed in the final 4 minutes of the game.</li> </ul>	<ul style="list-style-type: none"> <li>• Defense inside the 3-point line</li> <li>• Half court pick up is allowed in the final 4 minutes of the game.</li> </ul>	<ul style="list-style-type: none"> <li>• Half court defense</li> <li>• Full court defense allowed the last minute of the game</li> </ul>

<b>Lop-Sided Score</b>	<ul style="list-style-type: none"><li>● <math>\geq 15</math>: defense must pack it into paint. 1<sup>st</sup> violation: warning. Subsequent violations: technical foul 2 free throws and possession of the ball.</li><li>● <math>\geq 20</math>, travel players must be subbed at the immediate next sub change/qtr, until the score is <math>&lt; 15</math>. Travel player(s) then may re-enter at the next qtr/sub change. If there is an injury or not enough players, then the travel player is permitted to stay in the game. If only 6 kids, but two travel players, the travel players must be subbed for each other.</li></ul>
<b>Technical Fouls</b>	Any player receiving a Technical must sit the remaining 8 <sup>th</sup> of quarter
<b>Coaches</b>	<ul style="list-style-type: none"><li>● Only the head coach may stand.</li><li>● Only HYAA certified coaches &amp; HYAA registered rec players allowed on the bench.</li></ul>

## HYAA Recreation Basketball Rules Summary: 5th-8th grade

	Girls 5-6	Boys 5-6	Boys 7-8
<b>Basket Ht.</b>	10 ft.		
<b>Ball Size</b>	28.5"	28.5"	Regulation
<b>Game Time</b>	<ul style="list-style-type: none"> <li>• Four 10 minute running quarters or two 20 minute halves.</li> <li>• Clock only stops on free throws and starts when the player is handed the ball for the 2<sup>nd</sup> shot.</li> <li>• Clock stops on all whistles in final 2 minutes of the game (in regular season clock only stops if time permits)</li> </ul>		
<b>Clock/Book</b>	Home: clock Away: book		
<b>Intermission</b>	1 minute between qtrs. 2 minutes halftime		
<b>Overtime</b>	One 3 minute overtime – 1 add'l timeout each		
<b>Referees</b>	1 Patch Ref, 1 Student Playoffs: 2 Patch Refs		
<b>Playing Time</b>	Each player must play at least 4 eighths and must sit at least 2 eighths		
<b>Substitutions</b>	<ul style="list-style-type: none"> <li>• At the 5 minute mark of each qtr. Play is stopped and players not in the game are substituted in.</li> <li>• After each player has played their 4 eighths and sat 2 eighths, free substitutions are allowed.</li> </ul>		
<b>Time Outs</b>	3 Per Team		
<b>Team Fouls</b>	7th team foul per half is 1 and 1. 10 <sup>th</sup> foul is 2		
<b>Indiv. Fouls</b>	5 fouls per player		
<b>3 Second Rule</b>	Enforced		
<b>Defensive Restrictions</b>	<ul style="list-style-type: none"> <li>• Half court defense</li> <li>• Full court defense allowed the last minute of the game</li> </ul>	<ul style="list-style-type: none"> <li>• Half court defense</li> <li>• Full court defense allowed the last minute of the game</li> </ul>	<ul style="list-style-type: none"> <li>• Half court defense</li> <li>• Full court defense is allowed the last 5 minutes of the game</li> </ul>

<p><b>Lop-Sided Score</b></p>	<ul style="list-style-type: none"> <li>● <b>&gt;= 15:</b> defense must pack it into paint. 1<sup>st</sup> violation: warning. Subsequent violations: technical foul 2 free throws and possession of the ball.</li> <li>● <b>&gt;= 20,</b> travel players must be subbed at the immediate next sub change/qtr, until the score is &lt; 15. Travel player(s) then may re-enter at the next qtr/sub change. If there is an injury or not enough players, then the travel player is permitted to stay in the game. If only 6 kids, but two travel players, the travel players must be subbed for each other.</li> </ul>	<ul style="list-style-type: none"> <li>● <b>&gt;= 15:</b> defense must pack it into paint. 1<sup>st</sup> violation: warning. Subsequent violations: technical foul 2 free throws and possession of the ball.</li> <li>● <b>&gt;= 20,</b> travel players must be subbed at the immediate next sub change/qtr, until the score is &lt; 15. Travel player(s) then may re-enter at the next qtr/sub change. If there is an injury or not enough players, then the travel player is permitted to stay in the game. If only 6 kids, but two travel players, the travel players must be subbed for each other.</li> </ul>	<ul style="list-style-type: none"> <li>● <b>&gt;=20</b> <ol style="list-style-type: none"> <li>a. <b>Defense must pack inside the 3 point line.</b> 1st violation: warning. Subsequent violations: Technical foul 2 Free throws and possession of ball.</li> <li>b. <b>No fast break,</b> if the team does it's a turnover and any baskets don't count.</li> <li>c. <b>Top 2 players must be subbed out at the next sub change/qtr, until the score is &lt; 15.</b> Top 2 players then may re enter at next qtr/sub change. If there is an injury or not enough players, then the top players are permitted to stay in the game. If only 6 kids, the top 2 players must be subbed for each other. If there is a debate on top 2 players, the opposing coach can decide who should come out of the game.</li> </ol> </li> </ul>
<p><b>Technical Fouls</b></p>	<p>Any player receiving a Technical must sit remaining 8<sup>th</sup> of quarter</p>		
<p><b>Coaches</b></p>	<p>Only head coach may stand. Only HYAA certified coaches &amp; HYAA registered rec players allowed on the bench</p>		

## HYAA Recreation Basketball Rules Summary: High School

<b>Basket Ht.</b>	10 ft.
<b>Ball Size</b>	Regulation
<b>Game Time</b>	<ul style="list-style-type: none"> <li>• Four 10 minute running quarters.</li> <li>• Clock only stops on free throws and starts when player is handed the ball for the 2<sup>nd</sup> shot.</li> <li>• Clock stops on all whistles in final 2 minutes of the game (in regular season clock only stops if time permits)</li> </ul>
<b>Clock/Book</b>	Home: clock Away: book
<b>Intermission</b>	1 minute between qtrs. 2 minutes halftime
<b>Overtime</b>	One 3 minute overtime – 1 add'l timeout each
<b>Referees</b>	2 Patch Refs
<b>Playing Time</b>	Each player must play at least 4 eighths and must sit at least 1 eighth
<b>Substitutions</b>	At the 5 minute mark of each qtr. Play is stopped and players not in the game are substituted in. After each player has played their 4 eighths free substitutions are allowed.
<b>Time Outs</b>	3 Per Team
<b>Team Fouls</b>	7 <sup>th</sup> team foul per half is 1 and 1. 10 <sup>th</sup> foul is 2
<b>Indiv. Fouls</b>	5 Fouls per player
<b>3 second rule</b>	Enforced
<b>Defensive Restrictions</b>	<ul style="list-style-type: none"> <li>• Half court defense</li> <li>• Full court defense allowed during the last 2 minutes of each half</li> </ul>
<b>Technical Fouls</b>	Any player receiving a Technical must sit remaining 8 <sup>th</sup> of quarter
<b>Coaches</b>	Only the head coach may stand. Only HYAA certified coaches & HYAA registered high school rec players allowed on the bench.