



Developmental Basketball League

Rules & Expectations

Gym Protocol

- Please pay attention to children at all times. This means no climbing on bleachers or unsupervised bathroom visits. Failure to comply could result in ejection with no refund.
- You are welcome to stay for practices; we recommend you bring a lawn chair for games and practices if the bleachers are unavailable.

Practices

Please be sure that your athlete brings a basketball to practice. Please note that if a player misses practice for any reason, they will lose 4 minutes of playing time every time they miss. Please notify your coach using the team sideline app if you have to miss for any reason.

Substitutions

Players will be substituted every 4 minutes. If this rule is not followed, the team will receive a technical foul.

Score keeping: Any parent who walks up to the table will receive a technical foul for their child's team. If there are any score issues, please find the league directors or assistant directors immediately.

Arrival time for games

No games will ever start more than 15 minutes early. Players are strongly recommended to arrive for games at least 10-15 minutes before game time.

Basketball size

Youth balls come in DIFFERENT sizes: Size 4 27.5 ages 5-8, Size 5 or 28.5 ages 9-12 (coed) Girls stay at this ball size) , or Size 6 or 29.5" (boys only ages 13+).

Bench

Only one head coach and one assistant may sit on the bench. All parents must sit on the opposing side of the player bleachers. Parents are not allowed to sit at the bench for any reason or coach their kids for any reason.

Clock

The game clock runs continuously and only stops in the following situations:



- During timeouts
- During the last minute of the game on all dead ball situations

Defense

Man-to-man & 2-3 zone defenses are used to teach players the basic skills of individual and team defense. For platinum, the first half is man only, and the second half, coaches can run 2-3 or man.

After a made shot, a turnover, or a rebound, teams have to drop back to half-court and allow the ball to be dribbled down without pressure. Once the ball crosses half-court, the defense can guard the ball.

Fouls

Officials want to avoid injuries to young kids and discourage rough play by blowing their whistles at the slightest physical contact. Even though basketball is considered a contact sport, young players are not big enough, strong enough, or mature enough to handle the kind of contact that occurs at higher competitive levels.

- A player fouls out of the game when he's called for a 5th personal foul.
- Penalty-free throws are awarded on the 10th team foul during each half.
- If a team commits 10 personal fouls in a half, the opposing team is awarded an automatic 1 free throw attempt to earn two points on each subsequent foul.
- Technical fouls count as a personal foul, a technical foul, and a team foul.
- All technical fouls result in 2 shots and possession of the ball in bounds.
- If a player or coach receives 2 technical fouls in any one game, they're ejected from the game and must leave the gym immediately.

Free throws

The free throw distance for young players (up to 2nd grade) is 13 feet. Coaches should have players shoot from the maximum distance at which they can shoot a free throw with good form. Gold, Platinum, and Titanium divisions will shoot from regulation which is 15 feet.

Free throws are usually only awarded for fouls that occur during the act of shooting.

Game length



Two 20-minute halves. The game clock runs continuously and only stops at the end of each half, during timeouts, and for designated group substitutions. Substitutions should happen every 4 minutes. Starter division practice is 30 minutes and 15 minute games.

Gender (CO-ED)

Our league is co-ed.

Half-time

Half-time lasts anywhere from 3 minutes. Players typically have time to grab a drink, meet with their coach on the sideline, and maybe shoot around for a few minutes.

Jump balls/Alternate possession

The game begins with a jump ball, but after the opening tip, the alternating possession rule goes into effect.

- Any time there is a tied up ball, teams alternate throwing the ball in-bounds.
- At the start of each quarter, the team due for the next possession begins with the ball.
- If the game goes into overtime, a center-court jump ball will start the period. The team that fails to get the jump ball will get the next jump ball.

Lane violations

A lane violation will be called if an offensive player remains in the lane longer than 3 seconds without the ball.

Timeouts

Coaches will a total of 3 timeouts 60-second timeouts per game.

Overtime

In the event of overtime (OT), the duration of each quarter will be:

- 2 minutes for the 1st OT period.
- If the score is tied at the end of 1 overtime period, the game goes to sudden death; the first team to score wins the game.



League Rules By Division

Rule	Starter Division (Ages 3-5)	Silver Division (Grades 1-2)	Gold Division (Grades 3-5)	Platinum Division (Grades 6-8)	Titanium Division (Grades 9-12)
Points for Field Goals	No Score	2 points	2 points (or 3 if there's a 3-point line)	2 points (or 3 if there's a 3-point line)	2 points (or 3 if there's a 3-point line)
Free Throws	No free throws	No free throws	1 free throw for 2 points if fouled on a shot	1 free throw for 2 points if fouled on a shot	1 free throw for 2 points if fouled on a shot
3-Point Field Goals	Not allowed	Not allowed	Allowed if there's a 3-point line	Allowed if there's a 3-point line	Allowed
Timeouts per Half	1-2 60-second timeouts	1-2 60-second timeouts	1-2 60-second timeouts	1-2 60-second timeouts	1-2 60-second timeouts
Timeouts per Extra Period	One 60-second timeout	One 60-second timeout	One 60-second timeout	One 60-second timeout	One 60-second timeout
Unused Timeouts	Do not carry over	Do not carry over	Do not carry over	Do not carry over	Do not carry over
Extra Period Duration	2 minutes	2 minutes; 1-minute sudden death if still tied	2 minutes; 1-minute sudden death if still tied	2 minutes; 1-minute sudden death if still tied	2 minutes; 1-minute sudden death if still tied



Sudden Death after Tie	1-minute sudden death if still tied after extra period	1-minute sudden death if still tied after extra period	1-minute sudden death if still tied after extra period	1-minute sudden death if still tied after extra period	1-minute sudden death if still tied after extra period
Defense	Must stay behind the 3-point line	Must stay behind the 3-point line	Must stay behind the half-court line	Full-court press allowed Last 5 minutes into the 2nd half; if lead is 10 or more, full-court press not allowed	Full-court press allowed after 5 minutes into the 2nd half; if lead is 10 or more, full-court press not allowed
Full-Court Press	Not allowed	Not allowed	Allowed only in the last 5 minutes of the 2nd half if lead is 10 or less starts 2026	Allowed only in the last 5 minutes of the 2nd half if lead is 10 or less starts 2026	Allowed only after the 10 minute mark of the 2nd half
Half-Court Press	Not allowed	Not allowed	Allowed only after player crosses half-court line	Allowed only after player crosses half-court line	Allowed only after player crosses half-court line
Substitution Interval	Every 4 minutes; players must check in at scoreboard	Every 4 minutes if 10 or fewer players; every 8 minutes if 11	Every 4 minutes if 10 or fewer players; every 8 minutes if	Every 4 minutes if 10 or fewer players; every 8 minutes if 11 or more players; players must	Every 4 minutes if 10 or fewer players; every 8 minutes if 11 or more players; players must



		or more players; players must check in at scoreboard	11 or more players; players must check in at scoreboard	check in at scoreboard	check in at scoreboard
Last 5 min of 2nd half Substitution	Not applicable	Coaches allowed to substitute as needed	Coaches allowed to substitute as needed	Coaches allowed to substitute as needed	Coaches allowed to substitute as needed
Fouls	No foul outs	No foul outs	Players foul out after 5 fouls	Players foul out after 5 fouls	Players foul out after 5 fouls
Team Fouls & Free Throws	Not applicable	Not applicable	1 free throw for 2 points if team commits 7 fouls in a half (each subsequent foul)	1 free throw for 2 points if team commits 7 fouls in a half (each subsequent foul)	After 10 fouls in a half, opposing team gets one free throw for 2 points plus possession; team fouls carry into overtime
Half Time Duration	3 minutes	3 minutes	3 minutes	3 minutes	3 minutes
Good Sportsmanship Requirement	Required	Required	Required	Required	Required