

## **2022/23 Kettering Youth Basketball League Rules**

The Kettering Youth Basketball League will use OHSAA rules with the following exceptions:

8 minute quarters – running clock

One time out per half (1<sup>st</sup>-12<sup>th</sup>) – one min duration (timeouts do NOT carry over)

No backcourt defense (unless otherwise noted)

Quarter breaks – one minute / Halftime break – three minutes

Substitutions allowed during dead balls

1<sup>st</sup> – 4<sup>th</sup> grade teams will receive two warnings from the officials for double teaming or playing zone defense.

League standings are not kept

**NO DUNKING** in warmups or games – Will result in Technical Foul/Ejection

**All teams will provide one scorekeeper/timekeeper to work at the score table for each game.**

### **1<sup>st</sup> and 2<sup>nd</sup> Grade Leagues**

*Hoops at 8 feet – games played on small court*

Game ball – 28.5 inch ball

No stealing from a player with possession or a controlled dribble

Man-to-man defense only (NO double teams – “help” defense is allowed)

No foul shots

Violations/fouls will be explained by the official and returned to the team that had possession

Score reset to a tie game at halftime if a team is winning by 20 or more points

### **Boys Grades 3<sup>rd</sup> - 4<sup>th</sup> and Girls 3<sup>rd</sup> - 4<sup>th</sup> Grade League**

*Hoops at 9 feet – games played on small court*

Game ball – 28.5 inches

No stealing from a player with possession or a controlled dribble

Man-to-man half-court defense only (No double teams – Defense can switch)

No foul shots (A team will be awarded 2 points if a player is fouled while shooting and misses the shot,

1 additional point if the shot is made)

No overtime periods – game can end in tie

Offensive violations/fouls will result in the opposing team receiving the ball

Score reset to a tie game at halftime if a team is winning by 20 or more points

### **Boys 5<sup>th</sup> - 12<sup>th</sup> Grade and Girls 5<sup>th</sup> – 8th Grade Leagues**

*(Hoops at 10 feet – games played on full court)*

Game ball – 28.5 inches (Boys 5<sup>th</sup> - 8<sup>th</sup> / Girls Leagues); 29.5 inches (Boys 9<sup>th</sup> – 12<sup>th</sup>)

Teams may play any type of half-court defense

Regulation clock and full court defense allowed last 2 mins of 4th quarter if score difference is 15 pts or less. Winning team cannot press if winning by 15 or more points

Fouls shots taken from regulation line (10 second limit to shoot foul shot)

1-and-1 bonus at 7 team fouls and two shots at 10 team fouls

Players foul out after 5 personal fouls

One 1-minute overtime only - One timeout only (no carry over time outs)