

2023/24 Kettering Youth Basketball League Rules

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

- The Parks, Recreation and Cultural Arts Department will remain the final authority on all matters
- 8 minute quarters – running clock
- One time out per half (1st-12th) – one min duration (timeouts do NOT carry over)
- No backcourt defense (unless otherwise noted in Boys 5th-12th, Girls 5th-8th)
- Quarter breaks – one minute / Halftime break – three minutes
- Substitutions allowed during dead balls
- 1st – 4th grade teams will receive two warnings from the officials for double teaming or playing zone defense, mandatory subbing and to the bench until next dead ball afterwards.
- League standings are not kept
- **All teams will provide one scorekeeper/timekeeper to work at the score table for each game.**
NO DUNKING in warmups or games – Will result in Technical Foul/Ejection

1st and 2nd 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 half-court defense only (NO double teams – “help” defense is allowed)

No foul shots, points automatically awarded (3-point play possible with an “and-one” scenario)

Violations/fouls will be explained by the official and opposing team will receive the ball

No overtime periods – game can end in tie

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

3rd and 4th 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 or have “help” defense)

No foul shots, points automatically awarded (3-point play possible with an “and-one” scenario)

No overtime periods – game can end in tie

Violations/fouls will be explained by the official and opposing team will receive the ball

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

Boys 5th - 12th Grade and Girls 5th – 8th Grade Leagues

Hoops at 10 feet – games played on full court

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

Teams may play any type of half-court defense

Regulation clock used and full court defense allowed last 2 mins of 4th quarter if score difference is 15 pts or less

Fouls shots taken from regulation line (10-sec limit to shoot foul shot), per OHSAA no more 1-and-1s

5 team fouls per quarter, then 2 foul shots per common foul

Players foul out after 5 personal fouls

One 1-minute regulation clock overtime - One timeout per team only (no carry over time outs)