

2023/24 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 (1st-12th) – 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

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

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.

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 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 3rd - 4th and Girls 3rd - 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)

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