



# Conqueror Basketball League Rules

## Fall 2025 & Winter 2026

### Regulation Games (K thru 1st Grades):

All games K thru 1st Grade games will consist of four 8-minute quarters. Halftime is 4 minutes in length.

### Regulation Games (2nd thru 8th Grades):

All games will consist of two 20-minute halves with a running clock. The clock stops on all timeouts, injuries and all dead balls during the last 1-minute of each half. If the score differential is 15+ points in the last minute of the second, the clock will not stop, except for timeouts or injuries. Halftime is 4 minutes in length.

### Time-Outs:

Each team will receive 2 time-outs per half (One full 60-second timeout, and one 30-second timeout). There is no carryover of timeouts to the second half or overtime. In all overtime periods, each team will receive one 30-second timeout. A coach or player may call a time-out.

- On a 30 second time-out, players may not leave the playing court.
- The Coach may use a time-out to keep an injured or bleeding player in the game.

### Overtime & Sudden Death:

The first OT will be two minutes, with the clock stopping on all timeouts, injuries and all dead balls in the last minute of overtime. If the game remains tied after the first overtime, all future overtimes will be sudden death 4-minute overtime periods, with the clock stopping on all timeouts, injuries and all dead balls in the last minute of the sudden death overtime. There will be a one-minute break between overtime periods. The first team to score in sudden death OT wins the game. Each team gets one 1 full 60 second timeout in each OT period; no carryover.

### Game Jerseys/Uniforms:

The TOP team listed in the Tourney Machine app/schedule is the VISITOR and will wear DARK COLORED jerseys. The BOTTOM team listed is the HOME team and will wear LIGHT COLORED jerseys. A team must wear jerseys that match and have the appropriate numbers clearly displayed on both the front and back of the jersey. Shorts must be pulled up over hips, jerseys must be tucked in, no jewelry of any kind. No Earrings are allowed. Not even with tape on them.

### Score Table:

The officials score table will consist of two volunteers. One volunteer will keep track of the running score for each team, and fouls for both players and teams. The second volunteer will run the scoreboard and collaborate with the score keeper throughout the game to ensure all score and foul information displayed is correct. Each team is responsible to provide one of the volunteers. The volunteer must be at least 14 years-old and a knowledge of basketball is preferred. Score table volunteers are prohibited from coaching or criticizing officials while performing their duties. Please coordinate your volunteers in advance of each game.

### Free Throws:

- Free Throws: 7th Team Foul of Half: 1-and-1 Bonus. 10th Team Foul of Half: 2 Free Throws
- Kindergarten and 1st Grades will utilize an 8' free throw line.
- 2nd Grades, 3rd Grades and 4th Grade Girls will utilize a 12' free throw line.
- 4th Grade Boys, and 5th thru 8th Grade teams will utilize a 15' free throw line.
- On a free throw attempt only 6 players are allowed along the free throw lane, no players are allowed in the spaces closest to the free throw shooter.
- Free throw restriction: players lined up along the free throw lane may enter the lane upon release of the free throw shot. There cannot be contact on the free throw shooter, until the ball has hit the rim.

### Defensive & Press Rules:

- Only Man-to-Man Defense is allowed from K thru 5th Grade – All Levels/Divisions. Teams playing at 6th, 7th and 8th Grades are permitted to play Man-to-Man or Zone Defense, but Man-to-Man defense is strongly encouraged.
- For 4th and 5th Grades, when full court pressing is allowed, once the basketball crosses half court, there is no zone defense permitted, or trapping beyond the 3-point line. Teams must play man-to-man defense. The 1st offense is a warning. All subsequent offenses will result in a team technical foul each time. If a technical foul is issued, the opposing team will receive 2 free throws and the ball at half court.

### Other Applicable Rules:

- Excessively swinging elbows will result in a violation/turnover, not a technical foul, unless contact occurs, then it is a flagrant or intentional foul.
- Each team must have coach/parent present in order to play a game. If coach is dismissed from the game, an assistant coach or parent must assume coaching responsibilities, this coach will be suspended for the next game.
- A game may start with no fewer than 4 players.
- A game may start early. If a court is running behind, the officials are responsible for getting the game started as soon as possible.

**K-1st Grade:** K-1st Grade is 5v5 Format. 8' rims will be used for this grade level with a 27.5" youth basketball. No half-court or full-court pressing, or trapping is allowed.

Stealing is only permitted on a pass. There is no stealing off of the dribble. Each player must wear a wristband at all times, unless agreed upon by the head coach for each team. At the beginning of the second and fourth quarters, each player from both teams will shoot one free throw attempt and all made free throws will count towards their teams' score. Substitutions can only be made at the 4:00 minute mark of each quarter. The game officials will stop the game at the 4:00 minute mark for substitutions only. If the score differential is 10 or fewer points in the last 30 seconds of the game, the clock will not start until the team with the lead crosses half court. Personal Fouls are not recorded and a player cannot foul out.

**2nd Grade:** 2nd Grade is 5v5 Format. 9' rims will be used for this grade level with a 27.5" youth basketball. No half-court or full-court pressing, or trapping is allowed.

Stealing is only permitted on a pass. There is no stealing off of the dribble. If the score differential is 10 or fewer points in the last 30 seconds of the game, after a dead ball, the clock will not start until the ball crosses half court.

**3rd Grade:** 10' Rims will be utilized for this grade with a 27.5" youth basketball. No half-court or full-court pressing is allowed at any time during the game. Stealing off the dribble or a pass is allowed. If the score differential is 10 or fewer points in the last 30 seconds of the game, after a dead ball, the clock will not start until the ball crosses half court.

**4th Grade:** 10' Rims will be utilized for this grade with a 28.5" intermediate basketball. Half court pressing is allowed, however, full court pressing is only allowed the last 10 minutes of the second half and overtimes, to a 20-point lead. If a team repeatedly plays defense in the backcourt, after a 20-point lead is obtained, the referee's may issue a warning, which could be followed by a team technical, if there is further non-compliance.

**5th thru 8th Grades:** 10' rims and a 28.5" intermediate basketball will be utilized, except 8th Grade Boys will use a 29.5" men's basketball. Full-Court pressing is allowed to a 20-point lead. If a team repeatedly plays defense in the backcourt, after a 20-point lead is obtained, the referee's may issue a warning, which could be followed by a team technical, if there is further non-compliance.

**Coach Conduct & Expectations:** No more than three coaches are allowed on the bench (this includes a score/stat keeper, who will be counted as a coach). ONLY the Head Coach can make comments or ask questions to the referees or workers at the score table. If the assistant coach(s) do not comply, the referee is instructed to call a technical foul on the bench. Please understand that we are striving to provide a positive competitive environment for growth and development for the player. No complaints about the officials are allowed. No badgering/mockery of the officials is allowed during the game. Do not "help" the officials with their calls (this is inappropriate behavior). We have worked to assign highly qualified officials for each game played. We recognize that these games may get quite competitive and some calls always seem to go the other way, but in spite of this, we expect proper etiquette and display of sportsmanship from coaches AND parents/fans. The referees will be given full discretion to eject coaches and fans who exhibit improper behavior.

### Coach, Player and Spectator Ejections/Disqualifications:

- A coach is inevitably responsible for the behavior of themselves, their assistants, their players and their fans.
- If a player is ejected from a game, they must sit out the remainder of the game, and the next game. If this player is ejected again within the season, this player is disqualified from the league.
- If a coach is ejected from a game - that coach must leave the facility. The coach is also suspended from the next game. If this coach is ejected from another game, the coach will be disqualified from the league.
- If a spectator is removed from a game, they must leave the facility immediately and are prohibited from attending the next game. If this same spectator is removed from a second game, they will be prohibited from attending any future league games.
- A single technical foul on a coach or player does not result in ejection from a game, unless it is deemed flagrant. Normal federation rules will apply when dealing with technical fouls, and subsequent disqualifications.
- Expulsions/suspensions from the league will be handled by the League Director.
- Inappropriate behavior that does not result in ejection from a game, but is brought to the attention of the League Director, will be dealt with on an individual basis. Suspension and/or disqualification from future league games may be a consideration.
- The Conqueror League Site Coordinator has the final decision in all occurrences at that site.