

Boys & Girls Clubs of Elko

Kindergarten – 8th Grade Basketball Rules - 2026

Players:

5 years – kindergarten will play 4 on 4.

2nd – 8th Grade will play 5 on 5.

Game Time:

Five years – 1st grade divisions will play four seven-minute quarters with a substitution break at the halfway point of each quarter.

2nd – 4th grade divisions will play four eight-minute quarters with a substitution break at the halfway point of each quarter. Teams may only substitute players at the start of quarters and the half way substitution breaks. Bench must be cleared on substitution breaks.

5th – 8th grade teams will play two, 20-minute halves with a running clock. Clock will stop the last minute of each half.

Defense:

Five years – 2nd grade divisions must play man-to-man defense and must be within five feet of their player at all times. Players will wear wristbands to identify the player they are guarding. Defenders may switch on picks as long as only one player is defending the offensive player at all times. Defenders may double team in the lane.

3rd grade division must play man-to-man defense and must be within ten feet of their player, or an illegal zone defense may be called. Players will wear wristbands to identify the player they are guarding. Defenders may switch on picks. Defenders may double team in the lane.

4th grade division must play man to man defense but are not required to stay on a specific person. There will be no wrist bands for this age group. Defenders may double team in the lane.

5th – 8th Grade - Any defense is allowed.

Wristbands:

Five years – 3rd grade divisions: Players will wear wristbands to identify the player they are guarding. The wristbands are also used to help the referee and coach identify the point guard and the player to throw the ball in bounds on all out-of-bound plays. The player wearing the blue wristband will be the point guard for that rotation period (1/2 of one quarter). The player wearing the red wristband will pass the ball in bounds on all out-of-bounds plays for that rotation period. **5 years – 2nd grade players must wear the blue wristband at least one rotation period per game.** It would be strategic to place a red wristband on a stronger player at the same time you have the blue wristband on a player struggling to dribble. The positive of this rule is that all children will get the chance to develop. The negative to the rule is the fact that it may not be your best players turn to wear the blue wristband when the other team's player has that color which may make for a player mismatch situation. This mismatch situation can be resolved with both coaches communicating to match

players equally. **The referee may make changes if necessary if a major mismatch occurs, which has the potential negatively affect the game or a player.**

Defensive Line:

Players may not play defense until the defensive line which is half court when playing cross court and the volleyball line when playing full court. 3rd – 4th grade division will utilize the half court line.

5th – 8th Grade may full court press. A team may not press after a 20-point lead and will be required to pick up beyond half court.

Stealing:

Five years – 1st grade players may not steal the basketball. However, blocking a shot and stealing a pass are legal. All other divisions may steal the basketball from an opponent.

Time-Outs:

Kindergarten – 4th grade divisions will have no time-outs but may use substitution breaks for this purpose.

5th – 8th Grade - There are two time-outs per half.

Iowa Rule:

The Iowa Rule is in effect for third grade and under divisions only. A player may not attempt to jump ball an offensive player.

Rim Height:

The basketball rim height will be set at and 6'6" for five years – kindergarten, 7' for 1st grade girls, 7'6" for 1st grade boys, 8' for 2nd grade girls, 8'6" for 2nd grade boys, 9' for 3rd girls, 9'6" for 3rd boys, and 10' for 4th grade divisions and above.

Lane Violation:

The three second in the lane rule will not be enforced in 3rd grade and under division. 4th grade will utilize 5 second in the lane.

Basketball Size:

Youth sized basketball (27.5) will be used for kindergarten through 3rd grade.

A 28.5 will be used for the 4th grade divisions and girl's 5th – 8th grade

A 29.5 will be used for 7th – 8th grade boys.

Regulation Rules:

All other rules will follow regulation high school basketball rules.

Basketball Weather Cancellation Procedures

The Boys & Girls Clubs of Elko will run practices and games during bad weather conditions. It is our goal to not cancel any games or practices. However, there may be conditions that force cancellations.

Cancellations will be posted on **www.NNYSA.org** three hours before the scheduled game or practice times. It is your responsibility to monitor this site during adverse weather conditions.