

Boys & Girls Clubs of Elko

Kindergarten – 4th Grade Basketball Rules - 2024

1. Players:
5 years – kindergarten will play 4 on 4.
2nd – 4th Grade will play 5 on 5.
2. 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.
3. Players must play man-to-man defense and must be within five foot 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.
4. 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 – 3rd grade players must wear the blue wristband at least one rotation period per game. This rule does not apply to the 4th grade divisions.** 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.**
5. 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. Fourth grade division will utilize the half court line.
6. Five years – 1st grade players may not steel the basketball. However, blocking a shot and steeling a pass are legal. All other divisions may steal the basketball from an opponent.
7. There are no time-outs but may use substitution breaks for this purpose.
8. The Iowa Rule is in effect for all divisions. A player may not attempt to jump ball an offensive player.
9. 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.
10. The three second in the lane rule will not be enforced.

11. Youth sized basketball (27.5) will be used for kindergarten through 3rd grade. A 28.5 will be used for the 4th grade divisions. Non-marking tennis shoes are required. Shorts are recommended for games. No Jewelry when playing.
12. Regulation high school basketball rules will apply.
13. Uniforms – First team listed on the schedule is the home team and wears white. The second team listed is the visitors and wears dark.

Boys & Girls Clubs of Elko

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.

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5th – 8th Grade Basketball Rules - 2024

1. Players: will play 5 on 5.
2. 20-minute running clock. Clock will stop the last minute of each half.
3. Any defense is allowed.
4. Full court pressing is allowed. A team may not press after a 20-point lead and will be required to pick up beyond half court.
5. There are two time-outs per half.
6. The basketball rim height will be set at 10'.
7. The three second in the lane rule will be enforced.
8. A 28.5 basketball will be used for 5th - 6th grade boys and girls divisions. Non-marking tennis shoes are required. Shorts are recommended for games. No Jewelry when playing.
9. Regulation high school basketball rules will apply.
10. Uniforms – First team listed on the schedule is the home team and wears white. The second team listed is the visitors and wears dark.

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