Maize Recreation Basketball Rules 2026/2027

1. Official Basketball Rules, as published by the National Federation of State High School Associations, are official except where a league rule is in conflict.
2. **Playing time is a big emphasis for our league*. As a coach, you will need to give each child equal opportunities on the court.*** Exceptions: If a player becomes sick, is ejected, or fouls out in one quarter, this rule is waived for that player.
3. Goals:

   (a) 1st-2nd & 3rd-4th grades: 8 1/2-foot goal height – (1st-2nd grade will shoot free throws from 12 ft.) Regulation free throw is 15 ft. (3rd-4th & 5th-6th grade)

   (b) 5th-6th boys and 5th-6th girls: 10-foot goal height.
4. Ball: 27.5 ball for 1st-2nd grades, 28.5 ball for 3rd-6th grades. Game balls are provided by the league.
5. Time outs: 2-30 second time outs per half for each team. No carryover. A timeout can only be called when the ball is dead or when the ball is in control by the team requesting the timeout.
6. Fouls: **After 5 common fouls, players will be awarded two free throws. Team foul count resets to zero after each quarter.** A player fouls out on the 5th personal foul ruled against him/her.
7. Score: Score will be kept for all age divisions, **but no official standings will be kept.**
8. Lane violation is 5 seconds.
9. Player substitutions may be made during dead-ball situations and will be motioned by the officials.
10. **Grades 1st-4th** will play 8-minute quarters with a continuous running clock in all four quarters. Clock will only stop for time outs, injured players or by the officials. **5th-6th graders** will play 8-minute quarters with a continuous running clock in the first three quarters. Where the clock will only stop for time outs, injured players or by the officials. **In the fourth quarter, the clock will stop in the last two minutes of the game on all whistles.**

11. **Defense (1st-2nd & 3rd-4th grades)**

(a) Teams are allowed to play man to man or zone defense. Stealing while an opponent is dribbling or passing the ball is allowed if no foul is committed. Defenders' hands will not be allowed to be on their opponent at any time. This rule will be strictly enforced.

(b) Teams will only be allowed to provide double team defense **inside the 3-point line**. Any trapping or double team defense outside of the 3-point line will be a violation. **The defensive team will receive two warnings. The 3rd will result in a technical foul.**

12. **Pressure defense**

(a) 1st-2nd boys and girls will have NO full court pressure at any time. Defenses will need to drop back to half-court on every change of possession.

(b) 3rd-4th boys and girls may have full court pressure in the 4th quarter if the team does not have a lead of 10 or more points. If a team is ahead by 10 or more points, they must defend behind the half-court line. Defenses will need to drop back to half-court on every change of possession in quarters 1-3.

(c) 5th-6th boys and 5th-6th girls may have full court pressure throughout the entire game *unless* a team has a lead of 10 or more points. If a team has a lead of 10 or more points, they must defend behind the half-court line.

(d) In all age groups, if a team is ahead by 20 or more points, the scoreboard will be set back to 0 (zero), but the actual score will be kept correct in the scorebook for the remainder of the game.

13. **Breaks between quarters will be 1 minute in length. Half time will be a 5-minute break.**

14. **There will be NO OVERTIME at any grade level.**

15. **Official's decisions are final**. Arguing with officials over calls will not be tolerated. If you have an issue or concern, please address it with the officials professionally. The onsite supervisors can help in these situations as well.

16. A player receiving a **technical foul** will be required to leave the game for 2 minutes of playing time. A second technical on a coach or player will result in the coach or player leaving the premises.