

Urbana Park District Youth Basketball Rules Cheat Sheet



Boys 34	Girls 34		Girls 56, Boys 56	Boys 78
4 quarters x 8 minutes Note: The scorekeeper will call an official time out at the 4 minute mark (or as close as feasible) to allow for player substitution.	4 quarters x 8 minutes Note: The scorekeeper will call an official time out at the 4 minute mark (or as close as feasible) to allow for player substitution.	Quarter length:	4 x 10 minute quaters	4 x 10 minute quarters
Junior	Junior	Basketball size:	28.5	Official
10' basket	9' basket	Basket height:	10' basket	10' basket
cross-court	cross-court	Court size:	full court	full court
13'	No Free Throws. Ball will be given out of bounds.	Free throw line:	15'	15'
NA	NA	Lane violation:	5 seconds	3 seconds
NA	NA	3-pt baskets:	Yes	Yes
See Note above in Quarter Length section.	See Note above in Quarter Length section.	Substitutions:	Traditional substitution opportunities.	Traditional substitution opportunities.
Coaches may not call timeouts.	Coaches may not call timeouts.	Timeouts:	Teams allowed 2 timeouts per half.	Teams allowed 2 timeouts per half.
Running clock.	Running clock.	Clock:	Running clock except in last 2 minutes of a close game—10 points or less.	Running clock except in last 2 minutes of a close game—10 points or less.
During the Second Half the score will freeze any time a team gets a lead of 20 or more points.	Game score will not be displayed on the scoreboard.	Scoreboard:	During the Second Half the score will freeze any time a team gets a lead of 20 or more points.	During the Second Half the score will freeze any time a team gets a lead of 20 or more points.
No press allowed. Players should retreat to half-court upon the other team winning clear possession of the ball.	No press allowed. Players should retreat to half-court upon the other team winning clear possession of the ball.	Defensive Press:	No press allowed. Players should retreat to half-court upon the other team winning clear possession of the ball.	Pressing allowed. ³ If team ahead by 10 or more points they MAY NOT press.
¹ No zone defense allowed.	¹ No zone defense allowed.	Zone Defense:	¹ No zone defense allowed.	Allowed.
² No double teaming.	² No double teaming.	Double Teaming:	² No double teaming.	Allowed.
	Players will wear colored wrist bands and should guard the opposing player wearing the corresponding color.	Other:	No Team Foul Bonus.	
		Other:	5 Fouls and a player is out.	

¹ Because of the age, officials will be given a large amount of discretion in making calls. Coaches are encouraged to focus simply on coaching man to man. ² NO DOUBLE-TEAMING: Double-teaming will be called when two (2) or more defensive players are guarding a person with the ball who is not attempting to score. A defensive team member may “help” his/her teammate in a one-on-one situation. This “help” defense will be a judgment call according to the official. Double-teaming will NOT BE CALLED 1) when players are in the “lane” area, or 2) when the player in possession of the ball is driving to the goal. The spirit of the rule is to prevent intentional double-teaming. The third violation will result in a two (2) shot technical foul and the offensive team will keep possession of the ball. This is a judgment call by the official. The simplest way to avoid it is to simply teach good man to man defense.

⁴IF TEAM AHEAD BY 10 OR MORE POINTS THEY MAY NOT PRESS: The ball will be awarded out-of-bounds for infractions of this rule. The third (3rd) violation of this rule will result in the awarding of a two (2) shot technical foul plus possession of the ball to the offensive team.