Elementary Basketball

Elementary School Basketball League Format

- Six (6) league games; no playoffs.
- Teams must consist of a mix of 5th and 6th-grade students.
- Schools may schedule up to four (4) additional games beyond district league games. Tournaments count as one (1) game. Maximum total: 6 league games + 4 additional = 10 games.
- No overtime in elementary games; ties stand.

Roster Requirements

- Minimum of 10 players must be present on the bench at each game (suggested roster size: 12–15). Teams with fewer than 10 players will still play, as PBVUSD is a recreation league.
- A maximum of 20 players may suit up and be on the bench for any game.
- Coaches may rotate players from game to game, provided all rules are met.

Game Format

- Four (4) 8-minute quarters with a running clock
- The last two (2) minutes of quarter 4 will be regulation clock.
- Two (2) timeouts per half. No carry over.
- No jump ball – first team listed inbounds

Minimum/Maximum Play Rules

- **Minimum Play Rule**:
  Every player must play at least four (4) consecutive minutes in each half.
- **Maximum Play Rule**:
  Every player must substitute out for at least four (4) consecutive minutes at some point during the game.
- Players must start their four minutes at the beginning or midpoint of a half.
- Substitutions made outside of the midpoint timeout do not count toward minimum playtime.
- If a player arrives late:
  - If more than 4–5 minutes remain in the first half, they must meet the 4-minute minimum.
  - If less than 4 minutes remain, they may only participate in the second half.
- Exceptions: Injury or disqualification.
- Enforcement: Scorekeepers monitor play; final decisions are made by the site supervisor. Non-compliance results in forfeiture.

Mercy Rule (Elementary Only)

- If a team leads by 20+ points at halftime:
  - The team with the lead is declared the winner.
  - The second half will be played with a running clock.
  - No score will be kept to reduce humiliation and emphasize player development.
- During a 10+ point lead:
  - No pressing is allowed.
  - The defending team must stay behind the three-point line until the losing team crosses half-court.

Technical Fouls

- No free throws, 2 points awarded to the offended team.

Jr. High Basketball

Junior High School Basketball League Format

- 8–10 game season.
- Divisions: 7th-grade boys, 7th-grade girls, 8th-grade boys, and 8th-grade girls.
- Schools may schedule additional games and tournaments:
    - Total number of games/tournaments cannot exceed 18.
    - No more than six (6) tournaments.
    - One (1) scrimmage is allowed (counts toward total games).
- One (1) two-minute overtime will be played for tied games; if still tied, the game is recorded as a tie.

Roster Requirements

- Teams must have a minimum of 10 players present for each game.
- The home team will select its bench side (new rule).

Game Format

- Four (4) 8-minute quarters with a running clock
- The last two (2) minutes of quarter 4 will use a regulation clock.
- Two (2) timeouts per half.
- Jump ball to start the game

Playtime Guidelines

- No minimum or maximum playtime rules for junior high.
- Coaches are expected to ensure all players receive meaningful playing time.

Mercy Rule (Junior High)

- If a team leads by 20+ points:
    - Running clock in the second half.
    - No pressing defense is allowed until the lead is reduced to less than 10 points.

Officials and Supervision

- Two (2) adult referees assigned per game, if available.
- Coaches will officiate if referees are unavailable.
- Host junior high provides:
    - Score clock operator.
    - Scorekeeper (students in the sports officiating class).
    - One (1) adult supervisor at the score table.

Additional Game Format/Rules

Intermissions

- One (1) minute between quarters.
- Five (5) minutes for halftime.

Backcourt & Closely Guarded Rule

- The 10-second backcourt count - A team has 10 seconds to move the ball from the backcourt across the half-court line after gaining possession.
- Closely guarded count - A player holding the ball (not dribbling) is “closely guarded” when a defender is within 6 feet. The referee begins a 5-second count. If the player does not pass, shoot, or break the defender within 5 seconds → violation.

Press Rule

- Teams may not full-court press when leading by 10 points or more at elementary games.
- Teams may not full-court press when leading by 20 points or more at Jr. High level until lead is reduced to 10 points.

Game Ball

- Boys: Official size 29.5
- Jr. High Girls & Elementary Games: Official size 28.5

Timeouts

- Each team receives:
    - One (1) full 3 minute timeout at the halve
    - Two (2) 60 second timeouts per halve
- Unused timeouts do not carry over

Bonus / Free Throws

- Teams enter the bonus when the opponent commits five (5) team fouls in a quarter.
- Beginning with the 5th foul, two (2) free throws will be awarded on all common fouls (except player control or team-control fouls).
- Foul count restarts each quarter

Personal Fouls (Contact Fouls)

- **Blocking**
    - Defender illegally moves into the path of an offensive player.
- **Charging**
    - The offensive player runs into a legally established defensive position.
- **Hand Check**
    - Using hands to impede a player’s movement (common when guarding ball handlers).
- **Holding**
    - Grabbing or restricting an opponent with the hands or body.

- **Illegal Screen**
    - Setting a screen without giving the defender time/space to avoid contact.
- **Pushing**
    - Using hands or body to force an opponent off balance.
- **Over-the-Back**
    - Illegal contact when trying to rebound over another player.
- **Tripping**
    - Using the leg or foot to cause an opponent to lose balance.
- **Blocking from Behind**
    - A defensive player makes contact from behind on a shot attempt or fast break.

Technical Fouls

Unsportsmanlike Conduct

- Disrespect toward officials
- Taunting
- Delay of game

- **Bench Technical**
    - Coach or bench personnel violating conduct rules.
- **Illegal Uniform or Jewelry**
    - Players entering the game with prohibited items.
- **Excessive Timeout Requests**
    - Asking for a timeout when none remain.

General Violations

- **Traveling**
    - Taking too many steps or moving pivot foot illegally.
- **Double Dribble**
    - Dribbling, stopping, and dribbling again OR dribbling with both hands.
- **Carrying / Palming**
    - The hand comes under the ball allowing it to pause.
- **Three-Second Violation**
    - The offensive player stays in lane for more than 3 seconds.
- **Five-Second Closely Guarded**
    - The player holding the ball does not pass/shoot/move within 5 seconds.
- **Ten-Second Backcourt**
    - The team fails to advance the ball past half court in 10 seconds.
- **Backcourt Violation**
    - The team returns to backcourt after establishing frontcourt possession.