



**BOYS & GIRLS CLUBS**  
OF WHATCOM COUNTY



**Whatcom County Youth Basketball  
League Rules 2018-19**

**General League Rules**

**Official NFHS Rules will be observed with the following exceptions:**

- Leagues:** Younger: K-3<sup>rd</sup> grade  
Older: 4<sup>th</sup>-8<sup>th</sup> grade
- Time:**
- K-4<sup>th</sup> grade: 4 quarters of 8 minutes each. Clock will stop near the 4 minute mark of each period by the official for the substitution of all players (this is not a timeout and teams should be ready to keep playing). This is the only opportunity to substitute with the exception of injury, fouling out, or teams with 11 or more players who may sub only the extra players near the 6 and 2 minute mark of each period when it is a dead ball. K-3<sup>rd</sup> will have running clock except for timeouts. **For full substitution rules, see below.** For 4<sup>th</sup> graders the clock will stop on foul shots, timeouts, and each whistle in the last minute of each quarter.
  - 5<sup>th</sup>-8<sup>th</sup> grade: 2 halves of 20 minutes each. Running clock, including on free throws. Clock will stop on timeouts and each whistle in the last minute of each half. 5<sup>th</sup>-8<sup>th</sup> grade teams will operate under NFHS rules for substitutions, coaches are still expected to play all players equally, with each player being required to play a minimum of **14 minutes** in a game.
  - No overtime for younger leagues.
  - Overtime for older leagues is 2 minute overtime. Double overtime is sudden death and first team to score wins.
  - Older leagues the clock will stop for foul shots, timeouts, and every whistle in the last minute of each quarter.
  - A jump ball will start the game and possession will be alternating on each jump ball situation thereafter. Jump ball would also begin the overtime.

- Subs (K-4<sup>th</sup> Grade only):**
- The intent of the playing rules is to ensure that everyone is allowed equal opportunity to participate.
  - No player should play more than 4 minutes than another player for an entire game (see grid below).
  - Teams with 11 or more players may substitute their additional players at the 6 and 2 minute mark of each quarter to get them in the game. In this case each player should play a minimum of 6 minutes per half.
  - Players may not be removed from the game due to foul trouble unless they have 5 fouls.
  - The only other exceptions for subbing are for injury, fouling out, and safety reasons which the referee/gym supervisor may deem appropriate.

<b>Sample Play Time</b>	<b>Entire Game</b>	<b>Entire Game</b>	<b>Play Time Per Half</b>
5 Players	32 Minutes per player	Even play time	16 Minutes
6 Players	28 Minutes/4 players	24 Minutes/2 players	12-16 Minutes
7 Players	24 Minutes/5 players	20 Minutes/2 players	8-12 Minutes
8 Players	20 Minutes per player	Even play time	8-12 Minutes
9 Players	20 Minutes/4 players	16 Minutes/5 players	8-12 Minutes
10 Players	16 Minutes per player	Even play time	8 Minutes
11 Players	16 Minutes/3 players	14 Minutes/8 players	6-8 Minutes
12 Players	14 Minutes/8 players	12 Minutes/4 players	6-8 Minutes
13 Players	14 Minutes/2 players	12 Minutes/11 players	6-8 Minutes

- Score:**
- Official scores will be kept on the scoreboard for older divisions. If the score difference becomes more than 20 points the scoreboard will not reflect the official score. However, the scorebook will continue to keep official score.
  - Unofficial score may be kept for younger grades as long as both teams score reflected on the scoreboard is within 20 points of each other. No records are kept and keeping score on the scoreboard should be just for fun.

- Foul Shots:**
- Younger leagues will not shoot foul shots. The ball goes to the opposing team and taken out on the sideline or end line for fouls.
  - 4<sup>th</sup> grade may shoot foul shots from 12 feet if there is a line, referees may instruct the player to take a step forward if no line is marked OR start at the official line and jump forward at the shot. Players may not step forward AND jump.
  - All other older leagues will shoot foul shots from the 15 foot regulation line.
  - Players are free to move on the release. Shooters and players outside 3 point arc may move once the ball hits the rim.
  - One and one will be shot on the 7<sup>th</sup> team foul per half and double bonus will be shot on the 10<sup>th</sup> team foul per half.
- Fouls:**
- Younger leagues do not keep track of fouls. However, a player may be removed from the game if they continuously foul opposing players. This is the decision of the referee or gym supervisor.
  - Players in the older leagues will foul out on the 5<sup>th</sup> foul per game.
  - Technical or Flagrant fouls will be 2 points and possession of the ball to the other team. Technical fouls may be assessed to a team's coach, player, bench, or fans.
  - Players/coaches/fans may be kicked out of the game/gym by the referee for either a flagrant foul or technical foul depending on the severity of the call.
- K-3 Defense:**
- Younger divisions play straight man to man. No double teaming allowed and no press allowed. K-2<sup>nd</sup> divisions will wear wrist bands and players will guard the opposing player with the same color wrist band. These leagues cannot steal off the dribble. 5 second violation will be call when a player is closely guarded for five seconds or more, and does not pass, shoot, or dribble within that time.
  - 3<sup>rd</sup> grade may steal off the dribble as long as it is a man to man defense. If a screen is set on the defender then either defender may steal the ball at that point. These teams may also wear wrist bands if both teams agree. Teams would start play guarding the correct color wrist band but could switch if a screen was set.
- 4-6 Defense:**
- 4<sup>th</sup>-6<sup>th</sup> grade can only play man to man. Players are NOT allowed to double-team, but encouraged to play good help side man to man defense to assist teammates when a ball handler gets past their defender. The defender must immediately go back to their original man after helping.
  - If the referee(s) determine a team is playing illegal zone defense, one warning shall be given to the team. A second offence will result in loss of possession. If a third offense occurs the referee may award a technical foul to the offending team.
- 7-8 Defense:**
- Press defense will be allowed in the last 2 minutes of each half. No press allowed for teams ahead by 10 or more points.
  - 7<sup>th</sup>-8<sup>th</sup> grade may play any style defense (zone or man). Press defense will be allowed in the last 2 minutes of each half. No press allowed for teams ahead by 10 or more points.
- Hoop Height:**
- K-1<sup>st</sup> grade: Co-ed 8 feet
  - 2<sup>nd</sup>-3<sup>rd</sup> grade: 9 feet (10 feet at Blaine location)
  - 4<sup>th</sup> grade and up: 10 feet
- Ball Size:**
- K-2<sup>nd</sup> grade 27.5 Junior
  - 3<sup>rd</sup>-6<sup>th</sup> grade/7<sup>th</sup>-8<sup>th</sup> girls 28.5 Intermediate
  - 7<sup>th</sup>-8<sup>th</sup> grade boys 29.5 Official
- Timeouts:**
- Younger leagues do not have any official timeouts. Teams will have 1 minute between each quarter and 4 minutes at halftime. Referees may call a timeout or give a team one if they feel it necessary for any reason and games are on time.
  - Older leagues will be allowed two timeouts per half (1 minute, 30 second) and one (1 minute) for each overtime. Timeouts do not carry over.
- Sportsmanship:**
- Offer praise and encouraging words for all athletes, including the opponents. Never openly berate, tease, or demean any child athlete, coach, or referee while attending a B&GC sporting event and do not let kids do the same to each other.**
  - The B&GC will not hesitate to act if the standards of the B&GC are compromised.**
- Gym Conduct:**
- Good citizenship at the schools and gyms is crucial to the success of the program. Please pick-up all your garbage and no tobacco or alcohol is allowed at any program site. **Please do not bring basketballs to the B&GC gyms on game days. Balls will be provided for warm up. Balls may be brought to non-B&GC gyms for warm up.**
- Officials:**
- There will be 1-2 officials for each game. Please understand that youth basketball is difficult to officiate and not everything will be seen and/or called. Thank you for always supporting them.
- Scoreboard:**
- Younger leagues: hometeam will provide one person to run the score clock.
  - Older leagues: each team will provide one person to run the score clock or keep the official book.