



Oregon Youth Basketball League Rules

	1st/2nd Grade	3rd/4th Grade	5th/6th Grade
Purpose of League	Give kids a chance to play an organized basketball game where they will learn teamwork, sportsmanship and basketball skills in a non-intimidating setting	Build skills of players with slightly modified rules to build confidence where winning does not take priority over the emphasis of teamwork, sportsmanship and basketball skill development.	
Playing Time is Equal	All players in attendance at the game will play equal amounts of time per GAME. Equal playing time will be enforced. In situations when a player will not have an equal amount of playing time, it is appropriate to make substitutions during the last 5:00 minutes of the game to even the playing time out. If a player is absent for a game, coaches cannot make up that players time during the next game.		
Substitutions	Rotate players after every 5 minute session	Occur at the 15:00, 10:00 and 5:00 minute marks of each half. Officials will stop play to make the substitutions as close to these marks as possible at a change of possession/dead ball. Break should not be used as timeout. (keep play moving!)	
Match-ups	Coaches will attempt to match players up to equalize size/ability, not to create advantages.		
Positions played	All players will be given the opportunity to play all positions		
Rules	See other document for specific 3 on 3 rules	WIAA Rules apply except as listed below	
Basket Height	8 Feet	10 Feet (regulation height)	10 Feet (regulation height)
Game Time	Two (5) minute "periods" Two (10) or (15) minute halves in total	Two (20) minute halves with a running clock.	
Clock Stoppage	Running clock - only stopped for injuries or end of period	Running clock - Clock does not stop except for Time outs, injuries and all whistles in last two minutes of the game	
Half Time	3 minutes		
Start of Half	Players should be ready to play when the buzzer sounds.		
End of Game	Based on session time	Games must be completed by the 50 minute mark of each hour.	
Overtime	Not applicable - score not kept		No OT, games end in tie.
Jump Balls	The HOME team begins with the 1st possession. Play resumes for all called jump balls and the beginning of the second half by alternate possession	The game begins with a jump ball at center court. Play resumes for all called jump balls and the beginning of the second half by alternate possession rules	
Out-of-Bounds	Not Applicable. Ball is always checked at top of key	Per regulation game including out of bounds plays (baseline out of bounds only on violations in painted area)	Per regulation game including out of bounds plays
Officials	Coach(es) will officiate each 3 v 3 game. Coaches are allowed to provide instruction to players while officiating	Games will be officiated by hired officials	Games will be officiated by hired officials
Time Outs	No timeouts allowed	Each team will be granted two (30) second timeouts per game. Game officials are responsible for keeping the time out to (30) seconds.	
Violations Called	Violations that are blatant in nature should be called (i.e. multiple steps, double dribbles, etc) . After play has stopped, instruct the players on what happened, how to correct it and the non-violating team will get the ball on top; pay specific attention to the basics, i.e traveling, and be CONSISTENT	All violations are to be called by the official resulting in a turnover to the nonviolating team.	All violations are to be called by the official resulting in a turnover to the nonviolating team.
Lane Violations	Not Called (encourage movement!)	3 seconds (WIAA rule)	3 seconds (WIAA rule)
Fouls	Called but not counted. Play is resumed from checking the ball at top of key or change of possession for offensive foul.	Called but not counted. Play is resumed from appropriate SLOB or BLOB.	Called but not counted. Play is resumed from appropriate SLOB or BLOB.
Free Throws	There are no shooting fouls, the ball is checked at top of key.	Shooting fouls only - only one FT	Shooting fouls only - 2 FTs on missed attempt; 1 FT on made attempt
Free Throw Line	Not applicable	Players can shoot from one full step inside FT line; approx 12 feet distance	15 Feet (regulation distance); players can land over the line

OFFENSE			
Type	KEEP IT SIMPLE - Pass and cut, pass and screen away, cross the wings, etc	"5 out" style offense or similar should be used. KEEP IT SIMPLE - Pass and cut through, fill and replace, downscreen, etc	
Scoring	A running score is NOT kept nor is individual scoring		A running score will be kept
Mercy Rule	Not applicable as no score is kept		If a game reaches a 20 point spread in the score, the score is reset to zero and scoreboard is turned off for the remainder of the game.
3 point Baskets	Not applicable	Allowed but not encouraged at this age	Allowed
DEFENSE			
Type	NO ZONE DEFENSE. Person to Person Defense only.		
Full Court Press	No full court defense at any time.		
Extended Defense/ Safety Zone	Defense should not extend beyond the 3-point arc. Gyms w/o lines will need to use best judgement	Defenders may play 1/2 court defense once the ball has penetrated the 3-point arc. This will allow the offense to get the ball past the 1/2 court line with in the 10 second rule and begin their offense.	Defenders may play 1/2 court defense once the ball has crossed the 1/2 court line. Coaches should use discretion and allow offensive teams to cross half court and begin their offense. Coaches should avoid 1/2 court "press" defense.
Help Defense	Help Defense is allowed only to stop an offensive players' progress to the basket within the 3 point arc. Once the player's progress has stopped, the helping defender must return/recover to their assigned player. No switching is allowed. The spirit of the Help Defense Rule is to teach help defense but prevent defensive players from sagging into the lane or playing a zone defense.		
Stealing	Stealing the dribble is NOT allowed. Passes can only be stolen if they are going into the lane. Passes on the perimeter are NOT to be challenged. If there is an obvious turnover on the pass (i.e. ball bounces off offensive player's foot) the ball can be picked up by defending player.	Passes and dribbles can only be stolen inside the 3-pt arc. Passes are not to be challenged until the 3-pt arch is broken initially. DO NOT allow reaching over the 3-pt arch until the offensive team initially breaks the arch.	Standard half court defense
Defense Violations	Play is stopped, ball is checked on top of key to offense team. Explain violation to defender and resume play.	The first two defensive rule violations by a team will result in a stoppage of play and warning the players involved. The third team violation will result in a technical foul on the defensive team. The penalty will be two points plus the ball to the shooting team	
Practice	Practices/Games will be combined on same day	Each team is limited to one (60) min. practice per week. Teams are encouraged to arrive early and warm up/stretch and talk with the coach outside the gym (no balls outside gym please). Respect the team's time who practices before you.	
Participation	A player is not allowed to participate on more than one OYBL team.		
Standards of Conduct - Players, Parents & Coaches	All players must be registered and have their fees paid before they will be allowed to participate in the OYBL. All adults and players are expected to display good sportsmanship at all times. Standards of Conduct will be enforced by coaches and game officials. Any coach who violates the rules of the OYBL, or conducts himself/herself in an unsportsmanlike manner may be subject to dismissal by a majority vote of the OYBL Board of Directors.		
Respecting the Facilities	The district allows us to use the gyms, we need to respect them. All teams are not allowed to run around hallways, cafeteria areas or play/climb on stages or bleachers. This includes siblings and/or families. Coaches need to remind team and families to follow these rules.		
Standards of Conduct-Coaching Box	Coaches are encouraged to stand to give instructions and encouragement to their players for either half court or under the basket. Each of the two games should have 2 coaches, one from each team.	One coach per team is allowed to be on the court during games providing teaching and instruction; this coach is not to interfere with officials or make calls.	Coaches may stand and give instructions and encouragement to their players, but must remain in front of their bench and may not leave that area unless time has been called or there is a change in periods.