



**3RD - 6TH GRADE  
YOUTH BASKETBALL LEAGUE  
RULES**

**2025**

**SEASON**

City of  
*Wooster*  
RECREATION

**CONTENTS**

COACHES EXPECTATIONS ..... 2  
     Communication .....2  
     Concussion Certification .....2

SPORTSMANSHIP & CONDUCT ..... 2  
     Coaches & Players .....2  
     Parents & Spectators .....2

SPECIAL ATTENDANCE ..... 3  
 EJECTIONS & SUSPENSIONS..... 3  
 GYM SITES & GUIDELINES..... 3  
 GAME TIME REGULATIONS..... 4  
     Pre-Game Warmups .....4  
     Game Clock .....4  
     Halftime .....4  
     Mercy Rule.....4  
     Overtime .....4  
     Game Ball Size .....4  
     Roster Size .....4  
     Offense .....4  
     Defense.....5  
     Press.....5  
     Over & Back Violation.....5  
     Goals .....5  
     Free Throw Lines .....5  
     Jump Ball.....5  
     Out of Bounds Possession .....5  
     Traveling .....5  
     Possession Violations.....5  
     Fouls.....6

PLAYING TIME ..... 6  
 SUBSTITUTIONS ..... 6  
 ROSTER CHANGES, BORROWING PLAYERS & SCHEDULING CONFLICTS ..... 6  
 UNIFORMS & JEWELRY ..... 7  
 BLOOD RULE AND SANITIZATION ..... 7  
 WEATHER CANCELLATIONS ..... 7  
 CONTACT INFORMATION ..... 7

## COACHES EXPECTATIONS

- Each team is allowed 2 coaches. All coaches must be registered with the Wooster Recreation Department and have all required certifications on file. We encourage all schools to perform background checks on anyone who has youth in their programs.
- The head coach is permitted to stand during the game in the coach's box. The assistant coach must stay seated. If either coach receives a technical foul at any point during the game, both coaches must remain seated for the duration of the game.
- Any coaching substitutions must be communicated and approved by the Recreation Department prior to game time. Substitute coaches are required to be registered and have all required certifications on file.
- It is important that both coaches wear their league t-shirts during games so that supervisors and staff can appropriately identify them.

## Communication

- Coaches will be expected to regularly check their email for league communication.
- If a coach does not have access to email they must contact their School Representative for an alternate plan of communication.

## Concussion Certification

- All coaches will be required to take a Concussion Certification online training at [www.NFHSLearn.com](http://www.NFHSLearn.com). This certification is free of charge, valid for 3 years and must be turned in before a coach is permitted to work with athletes. If any coach is found working with athletes prior to completing this Concussion Certification that coach will be expelled from the league and the School will be fined.

## SPORTSMANSHIP & CONDUCT

- Teams, including: players, coaches, parents and spectators will be rated by scorekeepers and officials after every game. The Recreation Department will use these Sportsmanship Ratings to monitor behavior during the season and for end of the season sportsmanship awards.

## Coaches & Players

- On the sideline, coaches are expected to conduct themselves in an appropriate manner.
- Coaches are expected to be a positive role model on and off the court.
- All communication should be positive and encouraging in nature.
- Head coaches are responsible for asking for clarification on a call made during the game.
- Assistant coaches and players must take their concerns to the head coach who may then ask about a call or ruling. Keep in mind, asking for clarification on a call or ruling should be for educational purposes only, not to be argumentative.
- Approaching an official or scorekeeper after a game in any manner is not permitted.
- Coaches will be held accountable for the actions of their players/ Players will be expected to treat officials, teammates and players of the opposing team with respect.
- If there is an issue with a player from another team, please address that issue with that player's head coach in a respectful manner.
- Use of profanity or offensive gestures is prohibited.

## Parents & Spectators

- Parent and spectator behavior is a direct reflection of the team they represent and will be included in the Sportsmanship rating for their team.
- Profanity, offensive gestures or derogatory comments will not be permitted. Anyone who does not adhere to this will be required to leave the facility immediately.
- Parents and spectators are expected to refrain from shouting, yelling or coaching from the sidelines.

- Parents and spectators may not be located on the same side as the players bench while watching a game.
- There are designated areas for spectators to watch games, players to be dropped off/picked up and designated areas where spectators are not permitted. Please follow all signage and guidelines.
- Spectators are not permitted to approach a scorekeeper or official at any time. Please wait to have any discussions with a coach until after the game.

## **SPECIAL ATTENDANCE**

- No one other than registered basketball players, coaches and recreation staff are permitted on the court and sidelines at any time before during or after a game.
- Groups other than teams participating in our league (such as cheerleading squads) are not permitted on the court, sidelines or to perform in the spectating area/facility without prior review and approval of the Recreation Department.
- Any groups not receiving prior approval will be asked to return to the spectating area to watch the game and games may be delayed or forfeited should recreation staff deem appropriate.

## **EJECTIONS & SUSPENSIONS**

- A verbal warning will first be given to anyone who does not adhere to our rules, regulations and guidelines. This verbal warning can be given by an official or Recreation Supervisor. All verbal warnings will be documented with the Recreation Department
- After a verbal warning, a written warning will be given to an individual who does not adhere to our rules, regulations and guidelines. A written warning will come in letter form from the Recreation Department and the school representatives will also receive a copy.
- If an individual does not adhere to our rules, regulations and guidelines for a third time, a suspension will be issued by the Recreation Department. The suspension can range from 2 game to season long depending on the severity of the infraction.
- If at any time a player, coach or spectator gets ejected from a game, or asked to leave a facility they will be given an automatic 2 game suspension. Notification will come from the Recreation Department.
- The Wooster Recreation Department reserves the right to remove any coach or spectator for any reason, at any time. Additional action may be required if necessary, including banning attendance from games as spectators and removing any future coaching rights.

## **GYM SITES & GUIDELINES**

- Please clean up all trash and debris from benches and spectator areas after each game.
- If you require ADA accessible access into Cornerstone Elementary, please call the Recreation Department at (330)263-5207 Monday – Friday 8:30am-4:30pm so that we can arrange for elevator access on practice/game day.

### ***Gault Recreation and Fitness Center 515 Oldman Road. Wooster, OH 44691***

Enter through the West Parking lot doors. The entrance to the basketball courts will be on your left. When the walking track is open to GRC members, please give walkers/runners the right of way and be courteous when crossing the track. Basketballs may not be bounced outside of the curtain at any time. No personal chairs are permitted to be brought into the facility and no food or drink, with the exception of water, is permitted.

### ***Cornerstone Elementary School 101 W Bowman Street. Wooster, OH 44691***

Enter under GYMNASIUM sign from parking lot. All warm ups will be conducted on the main court. Personal chairs are permitted. No bleachers available.

*Edgewood Middle School 2695 Graustark Path, Wooster, OH 44691*

Basketballs are not permitted in the lobby. Coaches are responsible for holding onto warm up balls.

## GAME TIME REGULATIONS

### Pre-Game Warmups

- Teams are expected to bring their own warm up balls.
- Warm-up time will be preceding the game only and is reserved only for players and coaches of the teams that will be playing.
- Teams will not be allowed to warm up at half-time of other games.
- Teams playing the next game will be given at least 5 minutes to warm up.
- League issued uniforms/shirts must be worn on the outer layer for all warmups and games.

### Game Clock

- Games will begin on the hour unless behind from the previous game.
- A game consists of two 15-minute halves.
- Games are played with a running clock. The clock will only stop for time outs, free throws and substitutions. The clock will stop for a maximum 15 seconds for substitutions using the sub pattern. During this time coaches are required to properly substitute their players then may use the rest of the 15 seconds as they see fit.
- The clock will stop for every whistle during the last 2 minutes of each half.
- Teams will each have three 30-second time outs for the entirety of the game.

### Halftime

- Halftime will be 5 minutes long. If the court is running behind, halftime may be reduced to 3 minutes.
- No one other than the officials, scorekeepers, recreation staff and players/coaches of the teams who are participating in the current game are permitted on the court during halftime.

### Mercy Rule

- The clock will not stop if a team is ahead by 20 points or more during the last 2 minutes of the game.
- If a team is ahead by 20 points or more, they must begin their defense at half court.
- 5<sup>th</sup> & 6<sup>th</sup> Grade A and Open teams are encouraged to sub out more experienced players for less experienced ones if their team is winning by 20 or more points.

### Overtime

- **5<sup>th</sup> & 6<sup>th</sup> Grade Open Division:** Overtime will be a 2 minute game period. The clock will stop on every whistle. Each team will have one 30-second time out. If the game is not decided by OT there will be an alternating 3/3 shootout. Each coach will pick 3 players to shoot a free throw. Teams will alternate. If the teams make the same amount of free throws, 3 new players will be picked. Players can not repeat until all players have shot. This will continue until a team has won.
- **5<sup>th</sup> & 6<sup>th</sup> Grade A & B and 3<sup>rd</sup> & 4<sup>th</sup> Grade Divisions:** No Overtime. Games will end in a tie.

### Game Ball Size

- Intermediate size ball 28.5" (women's)

### Roster Size

- Roster size must be a minimum of 6 players and there is no maximum number of players allowed on a team, however, game rosters are limited to 10 players.

### Offense

- Isolation offenses and distraction plays are not permitted in any division.

## Defense

- **5<sup>th</sup> & 6<sup>th</sup> Grade Open & A Divisions:** No restrictions.
- **5<sup>th</sup> & 6<sup>th</sup> Grade B and 3<sup>rd</sup> & 4<sup>th</sup> Grade Divisions:** Man to Man is the only defense permitted. Players may switch who they are defending when screened or beat. Double teaming is not permitted. If at any time the officials feel a team is intentionally double teaming, they may stop the game and give warnings and technical fouls as they deem appropriate.

## Press

- **5<sup>th</sup> & 6<sup>th</sup> Grade Open & A Divisions:** High School Rules. *Unless Mercy Rule is in place.*
- **5<sup>th</sup> & 6<sup>th</sup> Grade B and 3<sup>rd</sup> & 4<sup>th</sup> Grade Divisions:** No pressing is permitted. *EXCEPTION: the last minute of the game, the losing team may have man to man backcourt defense. This is in place to keep the winning team from dribbling out the clock in the backcourt.*

## Over & Back Violation

- All three points (the ball and both feet) must cross half court for there to be an over & back violation.

## Goals

- 3-point line will be used. Both feet must be behind the 3-point line.
- All other shots from field are 2-points.

## Free Throw Lines

- **5<sup>th</sup> & 6<sup>th</sup> Grade Open & A:** Regulation 15' Line
- **5<sup>th</sup> & 6<sup>th</sup> Grade B:** Use 12' Line. No jumping over the line. Regulation 15' used for 5-seconds. May choose to line up a defensive player under the 1' block.
- **3<sup>rd</sup> & 4<sup>th</sup> Grade:** Use 11' Line. Jumping over the line is permitted. Regulation 15' line used for 5-seconds. May choose to line up a defensive player under the 1' block.

## Jump Ball

- The game will start with a jump ball.
- Each succeeding jump ball situation will result in alternating out-of-bounds possession.
- The beginning of the 2<sup>nd</sup> half will start with the alternating jump ball out-of-bound possession.
- A jump ball will be used at the beginning of overtime for the Open division.

## Out of Bounds Possession

- All players must be at least 3 feet from in-bounds spot.
- Team has 5 seconds to get ball into play. Failure to do so will result in a turnover.

## Traveling

- Traveling occurs when a player falls to the floor with possession of the ball or if the player is on the floor, gains possession and stands without dribbling.
- Officials can determine if a slip is accidental due to a slippery court surface. Officials can decide to give the team back the ball as an out-of-bounds possession.

## Possession Violations

- A team has 10 seconds to get the ball across half court
- **5<sup>th</sup> & 6<sup>th</sup> Grade Open and A:**
  - A player can only be in the key for 3 seconds. The 3 second count starts over after every shot.
  - In the front court, a player has a 5 second count to hold or dribble the ball while being closely guarded.
- **5<sup>th</sup> & 6<sup>th</sup> Grade B and 3<sup>rd</sup> & 4<sup>th</sup> Grade Divisions:**
  - A player can only be in the key for 5 seconds. The 5 second count starts over after every shot.

- In the front court, a player has a 5 second count while holding the ball. There is no count while the player is dribbling.

## Fouls

- Players have a 5 personal foul limit. When the 5<sup>th</sup> foul is called on a player, they must leave the game. Fouls do not reset for overtime periods.
- Charging Foul – Ball changes possession. This counts toward team fouls but it is not a shooting foul.
- Foul in the act of shooting – 3 shots if the foul occurs behind the 3-point arch, 2 if the foul occurs inside the 3-point arch and 1 shot if the shot is made.
- Technical and Intentional Fouls – 2 shots awarded to the team. The coach may pick the shooter. After the free throws, the team also receives possession of the ball. If a coach receives a technical foul, both coaches must stay seated for the duration of the game. If the coach receives a second technical, they are ejected from the game. The coach will receive an automatic 2 game day suspension. Notification will come from the Recreation Department. Further consequences could occur. If a player receives a technical they must be subbed out of the game for a teachable moment before being allowed to continue to play.
- Bonus – The 7<sup>th</sup> team foul of each half results in a one-and-one. The 10<sup>th</sup> team foul of the half results in 2 free throws.

## PLAYING TIME

- **5<sup>th</sup> & 6<sup>th</sup> Grade Open & A Divisions:**
  - Each player is expected to receive a minimum of 15 minutes per game/at least 50% of the game. The 15 minute time span can be spread over the entire game as players in these leagues may be subbed in and out per the **SUBSTITUTIONS** section below.
- **5<sup>th</sup> & 6<sup>th</sup> Grade B and 3<sup>rd</sup> & 4<sup>th</sup> Grade Divisions:**
  - Equal playing time will be managed and monitored by utilizing the sub pattern supplied by the Wooster Recreation Department. See **SUBSTITUTIONS** section below.

## SUBSTITUTIONS

- **5<sup>th</sup> & 6<sup>th</sup> Grade Open & A Divisions:**
  - Substitutions may occur at halftime, during a timeout or during a dead ball. During free throws, the substitution will occur before the final shot.
- **5<sup>th</sup> & 6<sup>th</sup> Grade B and 3<sup>rd</sup> & 4<sup>th</sup> Grade Divisions:**
  - Must use sub pattern supplied by the Wooster Recreation Department.
  - Please have a sub pattern form filled out prior to every game and it must be given to the scorekeeper 10 minutes prior to game start.
  - Substitutions will be every 5 minutes.
  - The clock will stop for a maximum 15 seconds for substitutions using the sub pattern. During this time coaches are required to properly substitute their players then may use the rest of the 15 seconds as they see fit.
  - If a player arrives late, that player will be listed at the bottom of your roster on the substitution pattern.
  - If a player leaves the game due to injury or medical reason, the next player on the substitution pattern must go in. If the injured player can return, they must be put back in the original pattern order.
  - The sub pattern cannot be edited due to a player being in foul trouble.

## ROSTER CHANGES, BORROWING PLAYERS & SCHEDULING CONFLICTS

- Rosters can only be altered after the season begins with authorization from the Recreation Department.

- This pertains to players and coaches as we require paperwork for all participants.
- If any team or school changes their roster without prior approval from the Recreation Department or attempts to use a false identity, any games that player or coach participated in will be forfeited and the associated school could face further consequences.
- If a team knows they will have 5 or less players they may borrow a player from the same or lower division. Any borrowing of players **must be** approved by the Recreation Department prior to game day.
  - Members of the team must start the game before any borrowed players can enter the contest.
  - You may only borrow enough players to field a total roster of 7.
- If a team has borrowed a player but their own player shows up after the game has begun, both players are eligible to continue to play and should be listed on Sub Pattern, if applicable.
- Games will not be rescheduled due to an outside conflict. The Recreation Department should be informed of any scheduling conflicts prior to the game schedule being complete.

## UNIFORMS & JEWELRY

- League t-shirts will be given to all players and coaches.
- League t-shirts must be worn on the outer layer for photos, warm ups and games.
- Jewelry, hair clips, bobby pins, etc. are not permitted to be worn during games.
- Earrings of any kind must be removed. Covering them with tape is not permitted.

## BLOOD RULE AND SANITIZATION

- A player with an open wound or blood must be removed from the game until bleeding has stopped.
- A player with blood on their uniform must be taken out until uniform is changed or blood-borne pathogens have been neutralized.

## WEATHER CANCELLATIONS

- Any games cancelled due to weather will be rescheduled if possible.
- To know if your game has been cancelled call the Recreation Weather Line (330) 263-5203.
- Cancellations will also be posted on the Recreation Department's Facebook page.

## CONTACT INFORMATION

- Department Address - 241 S. Bever St. Wooster, OH 44691
- Phone – (330) 263-5207
- Email – [pbess@woosteroh.com](mailto:pbess@woosteroh.com)