

2026 YOUTH BASKETBALL LEAGUE

GAME RULES

National Federation High School rules are used with the following
Department of Recreation Services exceptions:

SPORTSMANSHIP

This is a RECREATIONAL LEAGUE!!!

- We will **NOT** tolerate negative conduct from coaches, players, or fans, towards opposing teams, game officials and staff. **Anyone displaying negative conduct will be held accountable. It is the coach's job to teach good sportsmanship as well as good basketball.**
 - a) Coaches are responsible for the behavior of themselves, their players, and their parents.
 - b) A player or coach will be ejected if they receive two unsportsmanlike or a single flagrant foul.
 - c) Ejected players or coaches will **not** be allowed to participate in their next scheduled game.
 - d) If a player or coach is ejected from two games, they will be expelled from the league.
 - e) Any team that gets three unsportsmanlike technical fouls during a game will forfeit that game.
Exceptions: During playoffs and championship games, two unsportsmanlike technical fouls will forfeit the game.
 - f) Players, fans and coaches may be suspended or expelled from the league if the Department of Recreation Services feels that players, fans and/or coach's behavior negatively disrupts the league and its participants.

PARTICIPATION RULE

- Eligible and able player must play a minimum of one **full consecutive quarter** in all grade levels under the following guidelines:
 - a) ***There are NO substitutions in the 1st quarter!***
Exceptions: Player may be replaced if they are injured or receive three fouls in the 1st Quarter or half.
 - b) If a team has **6-10 players**, those players who did not play in the 1st quarter must play the entire 2nd quarter.
 - c) If a team has more than **10 players**, those that did not play at all in the 1st or 2nd quarter must play the entire 3rd quarter.
 - d) If a player arrives late, they must first check in with both team scorekeepers. The player must still play an entire consecutive quarter when appropriate.
 - e) If the timer or opposing coach realizes that a player has not played the minimum of one entire consecutive quarter, that player will play the entire next quarter when appropriate.
 - f) No earrings are allowed, not even with Band-Aids covering them.
 - g) All players must be in proper uniform. "Daly City" teams must wear the provided uniforms. If not, this may result in a forfeit.

SCOREKEEPERS

- In the 4th through 8th Grade Divisions, **ALL** teams must provide a **non-coach scorekeeper and scoresheet** for each game. Scorekeepers will be expected to track points and fouls for **both** teams.
- Scorekeepers must sit in the designated area, not the player's bench and may not COACH!
- The **home book** is the "official book" unless the referee(s) rule otherwise.

FORFEIT TIME

- **A team must have a minimum of four eligible, and able, players on the floor at game time.**
 - a) Forfeit time is ten minutes after the scheduled start time or ten minutes after the previous game, whichever is greater.
 - b) If a team starts a game with four players, and a player can't continue the game will be a forfeit.

Note: On the **1st occurrence**, the forfeiting team must pay a \$25 forfeit fee to the league directors before their next scheduled game. On the **2nd occurrence**, a \$50 forfeit fee must be paid, and that team may be expelled from the league.

TIE-BREAK PROCEDURE

- **In the event of team ties in the final standings, the following tie-break procedures will be used, in this order:**
 1. Head-to-head results
 2. Record against team(s) ahead in the standings
 3. Random draw (coin flip, name out of a hat, etc.)

Note: NO ADDITIONAL GAMES WILL BE PLAYED TO BREAK TIES!

GAME TIME and OVERTIME

- **There will be a "running clock" in all divisions with the clock stopping only for the following:**
 - a) The last ten seconds of the 1st, 2nd, and 3rd quarters on all referee whistles.
 - b) The last two minutes of the 4th quarter.
Exception: If the "10 or 15-point rule" is in effect, the time will revert to a "running clock."
 - c) Referee or team time outs.
 - d) Technical foul shots.
 - e) If there is an injured player.
 - f) All referee whistles during overtime.

- **LENGTH OF QUARTERS**

3rd Grade and 4th Grade - 7-minute running quarters

5th Grade and 6th Grade - 8-minute running quarters

7th Grade and 8th Grade - 9-minute running quarters

(There will be a 1-minute break between quarters and a 5-minute half-time.)

- **In case of tie games "sudden death" will occur with the following rules:**

a) In the 3rd Grade there will be **no sudden death**, and the game will remain a tie

b) In the 4th through 8th Grade the **first team to score** will be declared the winner.

Exception: In the playoff and championship games, the "sudden death" rule will not apply. Instead, there will be a 2-minute overtime periods will be played until a winner is determined.

TIME-OUTS

- Each team is allowed **THREE "1-Minute" time-outs**.
- NO additional time-out will be allowed in Sudden Death or Overtime.

Exception: ONE additional time-out will be allowed in the playoffs and championship games.

PRESS RULES

- **3rd Grade**
 - a) **NO FASTBREAKS ALLOWED IN THE 3rd GRADE DIVISION!!**
 - b) The defense must stay behind the 3-point line until the ball penetrates the 3-point line!
 - c) No double-teaming the ball outside the 3-point line at any time during the game.
- **4th and 5th Grade** - *Half court press only.*
 - a) The defense cannot guard any player until the ball, and the dribbler, crosses the half-court line.

Exception: During the last two minutes of the game, overtime or sudden death period, pressing is allowed if the team that is trailing or if the game is tied.
- **6th, 7th and 8th Grades** - *Full and half court presses are allowed*

Exception: 20 Point Rule.

20 POINT RULE

- In the **4th - 8th Grades**, the team that is **20** or more points ahead cannot fast break or press, full court or half court, until the losing team narrows the point gap to below **20** points. Then the leading team may fast break and/or press.
 - a) **Press Definition**

Once possession is established, the defense must set-up behind the 3-point line they are defending. Once the ball penetrates beyond the 3-point line the defense can guard any offensive player in the frontcourt area.
 - b) **Fast Break Definition:**

A fast break occurs when any player on the offensive team establishes control, beats the defensive team down court, and shoots. The offensive team **MUST** wait for the entire defensive team to be inside the 3-point line before shooting. It is **NOT** a fast break if the offensive team does not shoot.

Exception: It is NOT a fast break if the trailing team full-court presses and the opposing team breaks the press and shoots.

**** PENALTY ****

1st Occurrence - A warning will be issued, the basket, if made, will not count and the opposing team will receive the ball out-of-bounds.

2nd (and subsequent) Occurrence - The basket, if made, will not count, and a team Technical Foul will be issued. This is not considered an unsportsmanlike technical foul.

25 POINT RULE

- If a team leads by more than 25 or more points at anytime in the 4th quarter the visible score will be shut off for the remainder of the game. **Score will continue to be kept in the scorebook.**
- If this occurs in the 3rd quarter the scoreboard may be shut off by mutual agreement of both coaches.

OTHER 3rd and 4th GRADE RULE EXCEPTIONS:

- **3rd Grade Exceptions**

- a) The 3rd Grade League is an *INSTRUCTIONAL* League. Rules will be enforced in a manner to focus learning, safety and having fun!
- b) No standings will be kept and there will be NO playoffs or Championship games.
- c) No free throws will be shot during the entire game. If a shooting foul is called, a point is awarded to the fouled player instead of a free throw being taken

- **4th Grade Exceptions**

- a) There will be no playoffs, only a Championship Game with the top two teams in the Division.
- b) Kids will shoot Free Throws.

COACHES CERTIFICATION

- **ONLY** Coaches that have been certified by attending a coaches meeting, fill out a background check and get fingerprinted may coach and will be allowed in the vicinity of the team bench. ALL COACHES will abide by the Coaches Code of Conduct.

ROSTERS

- New players must first be approved by the League Coordinator and submitted by the established deadline date.
- No players will play up unless it is approved by the League Director.
- Coaches must provide new player information in writing before they play their first game.
- Rosters are “frozen” after the established deadline date of Saturday, **January 24, 2026!**

INELIGIBLE PLAYER(S)

- Teams using any ineligible players will forfeit any games in which that player participates. Teams or coaches may also be suspended or expelled from further league participation. For school teams, please refer to the school team eligibility policy.
- Players may not play for more than one team in this league.
- Violation of any of the above rules may result in a player/coach (or both) in suspension and/or expulsion from the League.

PROTESTS

- ***In case of a protest, the following procedure will be used:***

- a) Immediately notify a referee and explain the protest to them. The referee will notify the coach of the opposing team.
- b) The protesting team must then have their Athletic Director (if applicable) file a written protest to the Department of Recreation Services by 4:30pm on the Monday following the protest.
- c) Twenty-five dollars (\$25) must accompany each protest, which will be forfeited if the protest is not upheld. If allowed, the money will be refunded.
- d) The Department of Library and Recreation Services will make a rule on all protests.

NOTE: Protests regarding the judgment of game officials or Daly City staff will NOT be allowed!

MODIFICATIONS

- The Department of Recreation Services will continue to follow and modify our precautions and protocols based on guidance from local county and state agencies.
- The Department of Recreation Services reserves the right to change, modify, add or delete any rule where it feels such action will benefit the league and its participants.