West U YBL - Rules of Basketball
2nd and 3rd Grade

DRAFT (11/2/2026)

1. General Rules

- **Conduct:** Unless otherwise defined, the league will be conducted using the UIL (University Interscholastic League of Texas).
- **Player Division:** Divisions are determined by the current grade the student is enrolled in. An individual player is permitted to play in a division above their current grade at the discretion of the League Commissioner.
- **Practices:** There is one organized practice per week.
- **Uniforms:** All players must wear the same color jersey with a number on either the front or the back. Players are allowed to wear a different color shirt under their uniform. Players should have their jerseys tucked into their shorts during play.
- **Splints:** No splints, boots, or other hard supports may be worn during the game. Any supports must be soft and bendable. The league representative in the gym will have final approval over any device.
- **Team Sizes:** Teams must have a minimum of 7 registered players.
- **Gym Rules**: No food or drink, except water, is allowed in the gyms.

2. Guidelines & Game Logistics

- **Ball Size:** 28.5-inch circumference – size 6 basketball.
- **Basket Height:** 2nd grade plays on 8-ft goals. 3rd grade plays on 9-ft goals.
- **Game Clock:** 8-minute running clock per quarter. The clock stops on free throws, and on all dead balls in the last minute of the 2nd and 4th quarters.

- **Overtime:** No Overtime – Games tied at the end of the regulation time will be recorded as a tie.

3. Fouls & Free Throws

- Individual and team fouls are recorded by the scorekeeper.
- A player fouls out of the game after the 5th personal foul.
- Upon the 10th personal foul per half, the opposing team will be awarded 2 free throws.
- Players shoot at a predetermined line appropriate for each gym.
- 2nd graders do not line up for free throws while 3rd graders will line up for free throws.

4. Time Outs

- Regular Season/Overtime: Each team is permitted two 30-second timeouts per half during regular season games. There is one timeout in each overtime.

5. Start of Game Procedure

- Games start with a prayer in the center of the court with all players and coaches lined up at the center circle.
- Games begin with a jump ball at the center circle. Alternate possessions then apply.
- Each team must start with 5 players within 10 minutes of the start time of the game.
- Teams can end the game with 4 players.

6. Scoring & Playing Time

- **Scoring:** All shots are 2-point shots. When the point difference between the teams is greater than 20, the scorekeeper will not record the points on the scoreboard scored for the team that is leading. Also, steals are not permitted with a point difference greater than 20 points.

- **Playing Time:** Each player should play a minimum of the equivalent of one quarter per game. Open substitutions take place on dead balls at the coach's discretion.

7. Defensive Rules

- **Back Court Limitation:** At no time is defense allowed in the back court. Once possession has been determined by the offense, the defensive players must return to the mid-court line before they actively guard the offensive player. Intercepting passes in the back court is not permitted.

- **Man-to-Man Strategy:** Man-to-man defense only. Coaches will assist his/her players in determining who each should guard on the opposing team. Double teaming is not allowed. Colored wristbands will be worn by players to help in identifying the opposing player to be guarded. Defenders can switch offensive players if picks are employed.

- **Stealing:** Defensive players are not permitted to steal the ball if the offensive is dribbling. Players are permitted to intercept passes.

8. Violation of Rules

- If a team is violating the man-to-man defense after being warned, the team may receive a delay of game warning at the discretion of the referee.

- Upon the second warning, the opposing team will be awarded one free throw and possession of the ball.