West U YBL - Rules of Basketball
4th and 5th 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 drinks, except water, are allowed in the gyms

2. Guidelines & Game Logistics

- **Ball Size:** 28.5-inch circumference – size 6 basketball.
- **Basket Height:** 4th grade girls play cross court on 9-ft goals. 4th grade boys and 5th grade boys and girls play full court on 10-ft goals.
- **Game Clock:** 8-minute running clock per quarter. The clock stops on time outs, and on all dead balls in the last minute of the 2nd and 4th quarter.

- **Overtime:** A maximum of two 3-minute overtimes is permitted.

3. Fouls & Free Throws

- Individual and team fouls are recorded by the scorekeeper.
- Players line up on free throws. The free throw line will be adjusted at referee's discretion.
- 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 two free throws.

4. Time Outs

- Regular Season/Overtime: Each team is permitted two 30-second timeouts per half. There will be one 30-second timeout in each overtime period.

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:** 3-point shots are awarded for shot taken behind the 3-point line. 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 when the point difference is great 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 can actively guard the offensive player. This includes intercepting any passes in the back court.

- **Defensive Strategy:** Man-to-man or zone defenses are permitted.

8. Violation of Rules

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

- After the second delay, the opposing team will be awarded 1 free throw and possession of the ball.