LEAGUE RULES

2026–2027 Youth Basketball Season

SHARED RULES | BOTH LEAGUES

General: Standard NFHS rules apply, except as outlined below.

Game timing: Two 16-minute stop-time halves. Clock runs on jump balls except in the final minute of each half. Three-minute warm-up; two-minute halftime. Three full timeouts per team: one each half and one available at any time.

Bench conduct: Two coaches allowed. Only the head coach may stand or address officials. After a technical foul, the head coach must remain seated except during halftime and timeouts. An assistant coach receiving a technical foul is removed.

Ejections: A player or coach removed for technical fouls must miss the next game. Removal from more than one game results in season ineligibility. A removed coach or parent must officiate a game before returning; coach suspensions still apply.

Free throws: All grades shoot from 15 feet. Fourth graders in both leagues may jump over the line or start just inside the line as they need; fifth-grade players receive grace for stepping over it and 6th grade is called by the book. One-and-one applies in the final minute of the game when the lead is under 10 points.

Mercy rule: In effect with a lead of 20+ in the second half or 15+ in the final eight minutes. No FT's as shooting fouls are a point and possession, with all points awarded on an and one. Running time is only ever allowed if both coaches request it.

Transition defense: Always allowed. After a change of possession, defenders must retreat, but may steal a pass or dribble in the backcourt if the offense advances by passing or dribbling. If the offense holds the ball, defenders must retreat. A player with the ball on the ground may be defended.

ELIGIBILITY

This is a school-based league. Players MUST be from one school district. Teams may have one exemption: a player whose district does not have a team in the league that the player is capable of playing on (including playing up), OR a player whose district has a team in the league but has waived the player.

A player waived one year remains waived unless they choose to return to their district. If they return, they must play for their district moving forward.

As long as they are of grade, players MAY play in two different grade levels but may NOT play on two different teams in the same grade level of one league.

RECREATIONAL LEAGUE | SOUTHERN TIER RAGE

Man-to-man defense only through 1/22 then zone permitted as outlined below.

Man-to-man: Within 6 feet of the assigned player on or inside the perimeter when on the ball side or guarding the ball. No distance restriction on the weak side or outside the perimeter. When the ball is on the opposite side from the assigned player, the defender must have one foot in the paint. Baseline inbounder defender must face them within 6ft.

Grade	Man-to-man limits	Zone Defense (after 1/22)	Press Permitted (zone allowed)
4th	Top of key; no double teams	Last 4 minutes each half	Final minute of game
5th/6th	Half court; no double teams	Last 8 minutes each half	Final two minutes of game
6th	Half court; double teams allowed	Entire game	Final two minutes of each half

Press restrictions: No pressing when leading by 10+ points. A team trailing by 10+ may ALWAYS press.

COMPETITIVE LEAGUE | PINNACLE HOOPS

Man-to-man, zone defense and pressing are permitted. No pressing when leading by 15 or more points.