

# 2025-2026 Elk River Boys Youth House Basketball Rules & Regulations

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Unless otherwise stated herein, Minnesota State (National Federation) High School League rules will apply. All Rules and penalties stated herein are open to interpretation by the League Director on a case-by-case basis.

## **1. League Objectives**

- 1.1 **Teach teamwork and basketball fundamentals.**
- 1.2 Promote good sportsmanship by coaches, players, and spectators.
- 1.3 Provide fun for all players.
- 1.4 Uphold the Mission of Elk River Boys Youth Basketball

## **2. General Rules**

- 2.1 The use or being under the influence of drugs, alcohol, or tobacco is prohibited upon school grounds.
- 2.2 No food or candy is allowed in the gyms.

## **3. Coaches**

- 3.1 Coaches participate at the invitation of the League Director.
- 3.2 Coaches must be at least 18 years old.
- 3.3 Coaches are required to have a whistle for PreK – Grade 2.
- 3.4 Coaches are expected to comply with the rules and regulations stated herein.
- 3.5 Coaches will regularly conduct practices as the permit allows.
- 3.6 Coaches are expected to be present at all scheduled games, or to have arranged in advance with a qualified assistant who will present themselves to game officials prior to the start of play. Substitute coaches must know these rules.
- 3.7 Coaches must verify scoresheets are correct and get them to the House League Coordinator.

## **4. Bench Personnel**

- 4.1 Each team should supply scorekeeper on their bench. In addition, the Home Team supplies a clock person from their team's families to sit at the Scorer's table. The Visitor Team supplies an official Scorekeeper form their team's families to site at the Scorer's table. (Clock and Scorekeeper must be 12 or older unless both teams agree prior to the start of the game.)
- 4.2 Only players and approved coaches are allowed in the team bench area. If a coach is unable to make a game, an approved parent may fill in on the bench during the game.
- 4.3 The coach and assistant coach must sit in the chairs closest to the centerline and only 1 coach may be standing/moving within an area the width of the first 3 chairs closest to the half court line (referred to as the "Coaching Box").
  - 4.3.1 In grades where coaches act as the referees, only one coach from each team should be out on the floor.

## **5. Infectious Disease Control**

- 5.1 Any player, coach, or official who is bleeding or who has blood on their uniform will be prohibited from further participation in the game until the following conditions are met: bleeding has stopped, the injury is covered, clothing affected has been changed, disinfected, or covered. Jersey color changes mid-game are allowed at the referee's discretion.

5.2 Game play may not continue until all blood present in the competition area or on equipment has been removed and the affected area(s) disinfected.

## **6. Sportsmanship**

6.1 Good sportsmanship must be maintained before, during, and after the games by coaches, players, and spectators. Coaches will be held responsible for the conduct of their players, assistant coach, scorekeeper, timekeeper, players' parents, and guests.

6.2 Violations may result in a warning, technical foul, and/or ejection from the game and playing area at the referee's discretion. After review by the League Director, additional game suspensions may be added to the penalty.

6.3 Use of profanity by any player, coach, or spectator will result in a technical foul and immediate ejection from the game and playing area and is grounds for suspension or expulsion from the league after review by the League Director. For these purposes, "profanity" is defined as commonly known "swear" or "curse" words, and do not include words that would be considered profane due to religious connotations.

6.4 Any threats or violent physical contact by players, coaches, or spectators against other players, coaches, spectators, or officials will result in a technical foul and immediate ejection from the game and playing area. Such actions will also result in an immediate suspension from subsequent games until such time as the Board of Directors can convene to review the incident. Such actions can also be deemed to be criminal and dealt with accordingly.

6.5 Individuals refusing to leave the playing area after ejection will be given one warning to leave, after which their team will be considered to have forfeited the game.

6.6 Coaches, bench personnel, or spectators who attempt to attend games during suspension will be issued one warning to leave, after which their team will be considered to have forfeited the game.

6.7 Officials may rule a game in forfeit if the judgment conditions are out of control.

6.8 Players or coaches may be suspended or expelled from the League after receiving 3 Technical fouls during a single or consecutive seasons. If an offense(s) is major, suspension will be in effect until ERBYB Board holds a hearing.

6.9 For grades 7 and under, players may not attempt to distract a player in the act of shooting by shouting, foot stomping, or excessive arm waving. The first player infraction will result in a warning. The second player infraction will result in an Intentional foul with Free-Throws awarded per the normal rules of fouls against shooters plus retaining possession of the ball. No distraction is allowed during Free-Throws at any level.

## **7. Protests**

7.1 No protest of game results is allowed. Rule(s) violations must be reported to Referees, the House League Director prior to the end of the game in which they occur. Other requirements for reporting violations may apply as indicated in the rules contained herein.

7.2 Head Coaches are permitted to politely ask Officials for a brief explanation of call(s) made if time allows and play is not in progress. Only Head Coaches are permitted to address Officials before, during, or after games.

7.3 Requests for review of an Official's decision(s) for the purpose of possible mid-season rule modification may be made to the League Director. However, under no condition will game results be reversed.

7.4 Suspensions and expulsions may be appealed to the Elk River Boys Basketball Board of Directors. Meetings are the 3rd Sunday of every month at 6:00pm.

7.5 Recordings of games will not be accepted for the purposes of reviewing rule(s) violations.

## **8. Apparel**

8.1 Players must wear appropriate athletic footwear, deemed in satisfactory and safe condition by the Officials.

8.2 Players must be wearing a uniquely numbered team shirt/jersey to be eligible for play:

8.2.1 Shirts must be tucked in

8.2.2 If a player's jersey becomes "unwearable" and they re-enter the game wearing a new number, the change must be reported to the opposing team's Bookkeeper and the Officials in order to avoid a technical foul against the player.

8.2.3 Players' shirts may not be altered except to add player names across the top of the shirt back, or to add or modify a number to make it unique.

8.3 Referees will not permit the wearing of any apparel that they judge to be dangerous, distracting, or otherwise inappropriate for the purposes of playing basketball. Examples of illegal apparel include, but not limited to the following:

8.3.1 Jewelry of any kind, including piercings that are visible or exposed. Tongue piercings that are on a part of the tongue that can be extended past the lips are also prohibited. Covering piercings with tape or bandages is not acceptable. Referees have the final decision on what constitutes a safety issue.

8.3.2 Garments worn under shorts may not extend below the leg opening of the shorts, except for compression shorts, tights, or leggings.

8.3.3 Casts, braces, or guards made of any hard substance on elbows, hands, wrists, fingers, or forearms even if covered with a soft padding. The use of artificial limbs will be at the discretion of the League Director.

8.3.4 Players may not wear head coverings, other than a headband or elastic bands for controlling hair. Documented evidence is required for medical or religious reasons.

8.3.5 Players may not wear garments with belt loops or other features that could cause injury to other players. Sporting garments should be made of elastic materials such as spandex, mesh, or stretch cotton. The waistband must be worn above the hips.

8.3.6 Players may only wear mismatched socks or shoes if that was how the product was sold. No shoes that light up or flash continuously.

## 9. Equipment

	Pre K-1st	2 <sup>nd</sup> & 3 <sup>rd</sup>	4 <sup>th</sup> & 5 <sup>th</sup>	6 <sup>th</sup> - 8 <sup>th</sup>	9 <sup>th</sup> -12 <sup>th</sup>
<b>Ball Size</b>	Junior (27.5")	Junior (27.5")	Intermediate (28.5")	Official (29.5")	Official (29.5")
<b>Rim Height</b>	8 feet	9 feet	10 feet	10 feet	10 feet

9.1 Players requiring eyewear must use safety straps.

9.2 No school equipment or basketballs, other than cones and backboard adjustment tools, can be used at any time during practices or games. Only the league director, coaches, and officials are allowed in equipment rooms.

9.3 Intentionally touching the backboard, rim, or net other than as part of shooting or defending results in a technical foul being called against the player. This rule is in effect whenever Referees are present in the gym, however, should always be respected as equipment is costly to replace. This rule does not replace regular rules regarding basket interference and goaltending.

## 10. Games

	Pre K - 1 <sup>st</sup>	2 <sup>nd</sup> & 3 <sup>rd</sup>	4 <sup>th</sup> & 5 <sup>th</sup>	6 <sup>th</sup> - 8 <sup>th</sup>	9 <sup>th</sup> -12 <sup>th</sup>
<b>Time</b>	8 Five-minute run time periods	8 Five-minute run time periods	8 Five-minute run time periods	8 Five-minute run time periods	8 Five-minute run time periods
<b>Game Clock</b>	Running	Running, but stops last 2 minutes in 8 <sup>th</sup> period or OT	Running, but stops last 2 minutes in 8 <sup>th</sup> period or OT	The clock will stop on all fouls resulting in a free throw. Otherwise, the clock will run except for the last two minutes of the 8 <sup>th</sup> period or in OT.	The clock will stop on all fouls resulting in a free throw. Otherwise, the clock will run except for the last two minutes of the 8 <sup>th</sup> period or in OT.

<b>Maximum Game Time</b>	1 hour 10 mins 5 mins for set up & clean up	1 hour 10 mins 5 mins for set up & clean up	1 hour 15 mins	1 hour 15 mins	1 hour 15 mins
<b>Time Outs (Clock Stops)</b>	Only if needed	2 per game lasting no longer than 1 min (1 in OT)	2 per game lasting no longer than 1 min (1 in OT)	2 per game lasting no longer than 1 min (1 in OT)	2 per game lasting no longer than 1 min (1 in OT)
<b>Scorekeeping</b>	No	Yes	Yes	Yes	Yes
<b>Overtime (if game is tied)</b>	None	2-minute overtime, then sudden-death with no clock	2-minute overtime, then sudden-death with no clock	2-minute overtime, then sudden-death with no clock	2-minute overtime, then sudden-death with no clock
<b>Lane Violation</b>	None	5 seconds	3 seconds	3 seconds	3 seconds
<b>Free-Throws</b> Clock runs in PreK – 6 <sup>th</sup> grades. Clock stops for 7 <sup>th</sup> – 12 <sup>th</sup> grades.	3 feet in front of regulation line. Rebounders occupy spaces closest to endline. Player shoots 1 free throw.	3 feet in front of regulation. Rebounders occupy spaces closest to endline. Entry upon release for rebounders occupying spaces, rebounders outside the 3-point line and the shooter have to wait to enter the lane until the ball hits the rim.	Behind regulation line Rebounders occupy spaces closest to endline. Entry upon release for rebounders occupying spaces, rebounders outside the 3-point line and the shooter must wait to enter the lane until the ball hits the rim	Behind regulation line Rebounders occupy spaces closest to endline. Entry upon release for rebounders occupying spaces, rebounders outside the 3-point line and the shooter must wait to enter the lane until the ball hits the rim	Behind regulation line Rebounders occupy spaces closest to endline. Entry upon release for rebounders occupying spaces, rebounders outside the 3-point line and the shooter must wait to enter the lane until the ball hits the rim
<b>Rest Periods</b>	2-minute halftime	2-minute halftime	2-minute halftime	2-minute halftime	2-minute halftime

- 10.1 Each team is responsible for providing a clock and scorekeeper at the table. The Home team provides the clock and Away team provides the scorekeeper. The game will not start until each team provides a parent volunteer or coach 12 or older (unless agreed upon by both coaches prior to game start).
- 10.2 Maximum game time is waived during tournament games.
- 10.3 If a team is winning by 20 or more points at any time in the game, no pressing will be allowed. If a team is winning by 20 or more points during the 8th period, the clock will not stop for the last 2 minutes.
- 10.4 When games are behind schedule, Officials may choose to limit warm-up time and/or reduce half-time.
- 10.5 Tournament games still tied after the overtime period will continue with a “sudden death” period. Regular-season games still tied after the overtime period will end in a tie.
- 10.6 A game is considered a forfeit at game time unless both team coaches agree to play the game with an agreed upon number of players present. At the Officials’ discretion, they may allow a window of up to 5 minutes before a forfeiture is called if games are not behind schedule.
- 10.7 The first infraction of calling a Time-Out after all Time-Outs have already been used will result in a technical foul and 1 point awarded to the opposing team plus the ball.

- 10.8 Jump-balls are performed only at the beginning of the game and the start of overtime. For all other jump-ball situations, including the start of each period, teams will alternate possession. It is the responsibility of both officials to keep possession, the clock runner and both scorekeepers. Ultimately if there is a discrepancy, the Officials will make the final decision.
- 10.9 During throw-ins from either the sidelines or baselines, the defending team must stand back at least 3 feet from the in-bounder unless the Official determines that sufficient space exists outside the boundary line for the in-bounder to back up.
- 10.10 For grades in which full-court press is not allowed, during the last minute of a game, any throw-ins by the team ahead in scoring must be made into the Front Court. The throw-in spot will be at the sideline on the front-court side of the centerline. Throwing into the Back Court in this situation results in a loss of possession.
- 10.11 Coaches must put their teams on the court immediately when beckoned by Officials at the end of half-time and time-outs. Officials will whistle 10 seconds before and again when time expires. A final warning will be whistled out 10 seconds after time expires and the ball will be put into play regardless of whether both teams are on the court.

## **11. Players**

- 11.1 No roster additions (late registrations) to replace lost players can occur after the 2nd regular season game. Teams will forfeit any games with unregistered players.
- 11.2 Players will be assigned to teams based upon current grade level, with the following exceptions:
- 11.2.1 A player may play at a higher grade level if there is space available in the higher grade level, has a sibling playing at the higher grade level and the coach of the older player agrees to have the younger player on the team.
- 11.2.2 A player may play down at their “natural” grade level if they provide documentation of grade acceleration due to academic ability.
- 11.2.3 The League Director may adjust grade levels for home-schooled players based upon the “natural” grade level indicated by their birth date and minimum age requirements for school attendance as set forth in Minnesota Statute 120A.20 Subd.1
- 11.3 Players must play in 50% of a team’s games to be eligible for the all-star games unless they miss regular season games due to an injury or scholastic extracurricular activity conflict. The League Director must approve eligibility in such cases.
- 11.4 No player is allowed to play on more than 1 team per season unless approved by the board.
- 11.5 No active high school players can participate. Active players are considered those who have made the high school team 9-12.
- 11.6 Grades K through 6<sup>th</sup>, coaches are expected to conduct equal playing time based upon player participation sheet based on number of players at each game. Grades 7<sup>th</sup> through 12<sup>th</sup>, coaches are expected to conduct equal playing time until the 6<sup>th</sup> period.
- 11.7 Scorekeepers, not Officials, are required to keep track of playing time for their team on the player participation sheet. Failure to comply with this rule may result in forfeiture upon review by the League Director.
- 11.7.1 Violations must be reported to Officials no later than 60 seconds in the 6<sup>th</sup> period. Coaches may correct the violation at that point without penalty.
- 11.7.2 The only valid reasons for playing fewer than the minimum are fouling out or injury. A player planning to leave a game early for other reasons must play the minimum.
- 11.7.3 Players showing up late for a game may have their playing time reduced accordingly.
- 11.8 No substitutions are allowed unless there is an injury, physical or mental limitations as follows:
- 11.8.1 Injured players must come off the floor regardless until the next whistle. When a substitution must be made because of an injury, the player who played the majority of the period will be charged or considered to have played that entire period. Once a substitute player has played the majority of the period, they must complete it. Prior to that point, an injured player who is ready to return may do so.
- 11.8.2 When a substitution is made for a player who has fouled out, the substitute will be considered to have played the entire period regardless of time played. Therefore, the substitute player cannot be a player who has already reached maximum playing time unless all players have played the maximum.

11.8.3 In overtime, each team may field any players (unless player had fouled out during the regulation periods) regardless of their playing time during regulation periods.

11.9 Teams in any grade level leading by 20 points or more are required to sit better players, regardless of playing time in the 8th period to avoid running up the score. Coaches should be instructing the team ahead to avoid fast breaks, 3-point shots, and any other actions that may run up the score.

11.10 Coaches may suspend a player for consistently missing scheduled practices, games, or for other disciplinary problems after receiving approval by the League Director. The opposing coach and officials must be notified of the suspension prior to the start of the game. The player(s) may still come to the game and sit on the bench with the team.

## **12. Fouls**

12.1 Fouls committed against a player in the act of shooting will result in 1 free-throw if the basket is made, 2 free-throws if the basket is missed, or 3 free-throws if the miss was attempted from outside the 3-point line in levels where 3-point shots are allowed.

12.2 Intentional fouls will result in 2 free-throws and the ball out of bounds.

12.3 Flagrant fouls will result in a 2-point Technical against the offending player and ejection.

12.4 One-and-one bonus free-throws will be awarded starting with the 7th team foul in each half. Double bonus free-throws will be awarded starting with the 10th team foul in each half. Individual fouls for the 2nd half of a game do not reset and stay in effect during overtime as well. Total team fouls reset for the 2nd half of the game.

12.5 Players will “foul-out” with their 5th personal foul in the game. If a situation would result in a team having fewer than 5 eligible players, the team may continue to play with fewer than 5 players on the court if the Officials deem that the team still has a reasonable chance to win the game. Player is ineligible to play during overtime if fouled out during regulation.

12.6 Technical fouls automatically result in 1 point being awarded to the opposing team unless otherwise stated within these rules.

12.6.1 Technical fouls called against the team or bench personnel are assessed to the person(s) committing the violation and/or to the coach. Points are only awarded once unless separate Technical Fouls are being called against multiple people.

12.6.2 In cases, where an individual violator cannot be identified, the Technical Foul is called against the team and assessed to the coach.

12.6.3 Violations of the double-teaming rules will result in one warning per team per period. After that, 1 point will be awarded to the opposing team. Ball possession does not change.

12.7 Coaches, players, or spectators will be ejected from the playing area upon receiving a 2<sup>nd</sup> Technical Foul in any single game but can be ejected earlier if the Official(s) decide the situation warrants.

### 13. Defense

	Pre K – 1 <sup>st</sup>	2 <sup>nd</sup> & 3 <sup>rd</sup>	4 <sup>th</sup> & 5 <sup>th</sup>	6 <sup>th</sup> - 8 <sup>th</sup>	9 <sup>th</sup> -12 <sup>th</sup>
<b>Stealing</b>	Stealing is only allowed upon both coaches' agreement prior to the start of the game.	Allowed after the crossing of half court	Allowed	Allowed	Allowed
<b>Defense</b>	Man to Man only	Man to Man only	Man to Man only	Any	Any
<b>Double Teaming</b>	In Lane	In Lane	In Lane	Allowed	Allowed
<b>Full-Court Press</b>	No	No	Allowed (7 <sup>th</sup> and 8 <sup>th</sup> periods only)	Allowed (7 <sup>th</sup> and 8 <sup>th</sup> periods only)	Allowed

13.1 In mandatory Man-to-Man defenses, defenders must stay within 6 feet of their player they are guarding. Defenders waiting for their man to cross the centerline must be within 6 feet of the centerline. Coaches must verbally remind their players of the allowance to get the ball over half court.

13.1.1 Coaches may change assignments during a period to adjust for skill misalignments without stalling the game.

Defenders may swap assignments "on the fly" to respond to screens or being beaten by the dribbler. Coaches should be teaching their players to yell "switch" and then pick up the other person's player. They may switch back at any time without verbalization.

13.2 Although stealing from the ball handler is prohibited in K-2<sup>nd</sup>, interceptions, blocks, and fumble recoveries are allowed.

### 14. Offense

	Pre K – 1 <sup>st</sup>	2 <sup>nd</sup> & 3 <sup>rd</sup>	4 <sup>th</sup> & 5 <sup>th</sup>	6 <sup>th</sup> - 8 <sup>th</sup>	9 <sup>th</sup> -12 <sup>th</sup>
<b>Carry, Double Dribble, Travel</b>	Call it, Take teachable moments to explain, No loss of possession	Loss of Possession *Up to referee's discretion to still take teachable moments	Loss of Possession	Loss of Possession	Loss of Possession
<b>Fast Breaks</b>	Allowed	Allowed	Allowed	Allowed	Allowed
<b>Back Court Violation</b>	10 seconds after defense falls back	10 seconds after defense falls back	10 seconds after possession is obtained	10 seconds after possession is obtained	10 seconds after possession is obtained
<b>Three Point Shots</b>	Not counted	Not counted	Allowed	Allowed	Allowed

14.1 In grades K-4th where man-to-man defense is played; all efforts must be made to teach players that basketball is a team sport. Isolation of the floor plays will not be permitted. (Examples: All 4 offensive players moving to one part of the floor or wide spreading on both sides of the floor to leave a one-on-one situation to happen.) If an Official observes isolation plays, they will warn and address it to the coach and the coach must correct their players. If it continues, a technical foul will be issued against the coach.