

Rules for Parks and Recreation Youth Basketball League

Division I (First and Second Grade):

- Zone defense with man-to-man principles in the 1st half. Man-to-man allowed in 2nd half.
- Both feet in the paint.
- No 3 second rule.
- Only foul shots on shooting fouls.
- Shoot free throws from bottom of foul circle.
- No fast breaks.
- Use 8 ½ foot baskets.
- No scores or records.
- Four 10 minute running time quarters.
- Minimum of 3 passes prior to shot in 1st half. Minimum of 1 pass in 2nd half.
- Players play equal amount of time.
- Substitutions every 5 minutes.

Division II (Third and Fourth Grade):

- Man-to-man defense only.
- No press.
- ***No defense beyond top of the key extended.***
- Use 3 second rule.
- Foul shots on shooting fouls only.
- 3 feet on in-bounds pass.
- No scores or records.
- Use 8 ½ foot baskets.
- Four 10 minute running time quarters.
- Minimum of 1 pass that must occur in the front court.
- Players play equal amount of time.

- Substitutions every 5 minutes.

Division III (Fifth and Sixth Grade):

- Man-to-man defense only.
- Fast breaking allowed (no 1 pass rule).
- 3 and 10 second rules are in effect.
- 5 fouls for disqualification.
- Shooting bonus on 7 team fouls and double bonus on 10 team fouls.
- Keep scores and records.
- Two officials per game.
- Use 28.5 size ball.
- Pressing allowed in 4th quarter (team behind may press, team ahead may press until up by more than 10 points).
- Players play equal amount of time.
- Substitutions are at coach's discretion.
- All other rules are Vermont High School (National Federation).

Division IV (Seventh and Eighth Grade):

- Same rules as Division III with the following exceptions: man-to-man and zone defenses allowed.
- Use men's regulation sized ball for Boys Division IV.
- All other rules are Vermont High School (National Federation).