

TRY KIDZ BASKETBALL

Youth Basketball League

2026 Season

GAME RULES: **2nd - 5th grade division**

- Four 10-minute quarters running clock except last minute of 2nd quarter & last 2 minutes of 4th quarter
- **2nd/3rd grade girls** : Four 8 minute quarters running clock except last minute of 2nd quarter & last 2 minutes of 4th quarter
- Mandatory substitutions at 5:00 minute mark of each quarter & start of each quarter
*Coach's discretion about equal playing time , but must make substitutions
- Team fouls are kept, not individual fouls: 7th team foul 1-and-1, 10th team foul 2 shots
- Free Throws must be shot behind the line in 4th/5th grade division. 2nd/ 3rd grade division players shoot behind the FT line, but can cross on the release
- Players on the lane line during free throw can go into lane on release of free throw
- Coaches have 3 timeouts: 1:30 second, 2 Full TO's per game; 1 :30 second for each OT
- First overtime is 1:30, all other overtimes are 1:00
- Halftime is 3 minutes long, dependent on times
- 28.5 inch basketballs are used for all games
- Home team keeps the book, Away team keeps the clock
- **2nd/3rd grade teams are not allowed to play any type of defense past ½ court ; the last 2 minutes of the 2nd qtr. and last 2 minutes of 4th qtr can be half court. Once the ball has broken the 3 point line then defense can extend to half court**
- **4th/5th grade teams are allowed to press the last 2 minutes of the 2nd and 4th quarters, unless a team has a 10 point or more lead then NO PRESSING**
- Teams can play any type of defense in the half court ; No Trapping or 2 on the ball in the half court when your team is leading by 10+ points
- Goal height will follow TSSAA basketball rules
 - 4th/5th grades will play on a 10 foot goal
 - 2nd/3rd grades will play on a 9 foot goal (we will use a goal attachment)
- **Technical fouls and any altercation on or off the court are punishable by the referees and/or director of On Site director for Try Kidz. Any player involved in a technical foul or altercations will be pulled from the game and benched for the remainder of the game. We want to promote a healthy culture for these kids and this behavior will not be tolerated.**