



BASKETBALL RULES AND POLICIES PACKET

This packet details the rules, policies and procedures for the basketball leagues at the Boys & Girls Clubs of Springfield. Rules updated as of October. 5th, 2025, but are subject to change throughout the season.

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YOUTH BASKETBALL RULES

1. Teams can have a maximum of 12 players on a team.
2. Coaches may only have 2 coaches in, which they are head or assistant coach.
3. A team must be fully registered with the Boys & Girls Club before the start of the session. Rosters will be locked after each team's 2nd game, and the Boys and Girls Club may combine different divisions or grades if needed. (unless players drop)
4. If a team forfeits 2 games without notifying the Boys & Girls Club, they will be dropped from the league. The team may play under another coach. You have until Friday at 1:00pm to call in a forfeit. If the call is received by the deadline, both teams' games will be rescheduled. If notice is not given by the deadline, only the team that did not forfeit will be rescheduled.
5. If acts of disrespect or intimidation from coaches, players, or fans gets out of control, the offending team may forfeit the game and be suspended or terminated from the league depending on the severity. If a team is terminated from the league for unsportsmanlike conduct, there will not be a refund of any league fees.
6. Coaches are encouraged to play each available player equal minutes.
7. If a team cannot place 4 players on the court, they will choose to either forfeit the game and "add players" from the opposing team or play with only 4 players. If at any time the team falls below 4 players, then an automatic forfeit and team "combining" will occur.
8. Clock will run continuously for 3 quarters, without stopping. The only time the clock will stop is during timeouts or in the last minute of the 4th quarter (except for PreK-K division). If a 20 point lead occurs, the clock will run continuously during the last minute. There will be a 3 minute half time and 1 minute between quarters.
9. Overtime period is 2 minutes with a running clock during the 1st minute and the clock will stop on dead balls during the last minute. If no one scores, the game ends in a tie.
10. Teams will be allowed two timeouts per half. Teams will be issued one timeout each if overtime occurs. Timeouts do not carry into overtime.
 - a. Timeouts are called during deadballs unless your team has the ball.
11. Free Throws
 - a. 1st grade and older will receive free throws if the player is fouled in the shooting motion.
 - b. **TEAM FOULS:** 3rd-4th grade and older teams are allowed 4 team personal fouls per quarter. Any additional fouls beyond the 4th foul will result in the fouled player shooting a 1 and 1 - the shooter will get a 2nd free throw if the 1st free throw is made.
 - i. Fouls will carry over into overtime.
 - c. Players may enter the lane after the ball is released and shooter can step in after the ball



hits rim.

12. 3rd-4th grade has an excessive 5-second lane violation, 5th grade and up has an excessive 3-second lane violation.

GRADE SPECIFIC RULES AND VARIATIONS

Preschool/Kindergarten

- Goal- 8 Foot, Ball- 27.5'
- Clock- 6 minute quarters (clock never stops) NO OVERTIME
- No free throws - **No score kept**
- **Pressing - Players may not go past the three point line to play defense.**
- **Players can steal passes & loose balls, but may not steal the ball from a players hands or while dribbling.**

1st/2nd

- Goal- 9 Foot, Ball- 27.5'
- Clock- 7 minute quarters, clock stops in the last minute on any dead ball unless there is a 10 point margin
- Free Throw Line: in front of free throw line (ref/coaches discretion)
- **Pressing - Players may not go past half court.**
- **Players can steal passes, while opponents dribble, and loose balls, but may not steal directly from a players hands.**

3rd/4th

- Goal- 10 Foot, Ball- 28.5
- Clock- 7 minute quarters, clock stops in the last minute on any dead ball unless there is a 20 point margin
- Free Throw Line- Shoot from the regulated free throw line. Shooter may land on the line, but not completely pass it
- **Pressing- Players may press full court unless they are winning by 20+**
- 20-Point Lead- Actual score will be reflected on the final score sheet

5th/6th

- Goal- 10 Foot, Ball- 28.5

Clock- 8 minute quarters, clock stops in the last minute on any dead ball unless there is a 20 point margin Free Throw Line- Shoot from the regular free throw line. Shooter cannot make contact with the line

Pressing- Players may press full court unless they are winning by 20+

20-Point Lead- Additional points will be reflected on the final score sheet



COACH PROXIMITY & POSITIONING

PreK - 6th Grade

- Head coach **ONLY** is permitted to leave the bench area during the game, but **MUST** stay in the perimeter of the bench. Teams can have only two coaches on the court.
- Coaches may not grab/move players on either team or **approach** anyone in confrontation.
- Technical foul if a coach is involved in a play or violates any of the rules listed above.
- A technical foul in this division will result in 2 automatic points and a loss of possession (PreK - 6th grade)
- We will **only call extreme travels and double dribbles within the 3 point line of the basket you are shooting on for PreK - 2nd Grade.**

TECHNICAL FOUL POLICY

Technical Foul Policy

- All technical fouls assessed by the officials are final and will not be overturned.

Definition of an Unsportsmanlike or Technical Foul:

This includes, but is not limited to acts or conduct such as:

- Disrespectfully addressing, threatening, or contacting an official or gesturing in such a manner as to indicate resentment.
- Using profanity, baiting or taunting an opponent or official.
- An act towards an official or player that is considered to be unsportsmanlike.

Penalties

- Players
 - A player who receives a technical foul during a game will sit for the rest of that half.
 - A player who receives a post-game technical foul will be suspended for the next game.
 - A player who receives a second technical foul in a season will be suspended for the remainder of that game and the entirety of the team's next game.
 - A player who receives a second technical foul post-game will be suspended for the entirety of the team's next two games.
 - A player who receives a third technical foul in a session will be suspended for the rest of the session.



- A player who is ejected from a game due to a technical foul or at the request of the official is suspended for the rest of that game and (at discretion) the next two games.
- Coaches
 - A coach who receives a conduct technical foul during a game will have to remain seated and cannot address the coaches for the remainder of the game.
 - A coach who receives a 2nd technical 'conduct' foul must meet with the Director of Sports before returning to coach. This coach will be temporarily suspended and replaced.
 - A technical foul because of rule violations differs from that of a conduct technical foul.
- Spectators
 - If a spectator is ejected from the game, they will be suspended from the facility that game and the next game. The spectator must meet with the Director of Sports before returning.
 - If a spectator is ejected from a game two times in a season, they are suspended from the facility indefinitely.
 - **No parent is allowed on the court at any time, unless their child is injured. They are only ALLOWED TO ADDRESS THEIR CHILD. Otherwise, the parent is ejected from the facility. Officials and coaches included.**
- Fighting
 - Any individual involved in fighting will be ejected from that game and serve a minimum of a two game suspension, and must meet with the Director of Sports before returning to a Boys & Girls Club Sporting Event.

NOTE: The Boys & Girls Club reserves the rights to alter the length of the suspensions depending on the severity of the act. If a suspension is not fulfilled before the session ends, the suspension will carry over to the following session the player participates in, regardless of the team he/she is playing with. The Boys & Girls Club reserves the right to remove any individual who threatens the safety or integrity of the sports program.



CROWD WARNING POLICY

In the event that spectators display behavior considered to be unsportsmanlike, unruly, or interfering with the orderly progress of the game, the official shall stop the game and issue a crowd warning. The crowd warning will be noted on the official score sheet and the head coach of the offending team shall be notified. **START OF SEASON WARNING ONLY!!**

- The person responsible for crowd warning will be removed from the gym, and possibly the facility.
- A technical foul will be called on the team resulting in two points added to the opponents score.
- If behavior continues from others after a technical foul has been issued, the game will be stopped and a forfeit will be given to the offending team.

The Director of Sports or delegate in charge will alert spectators of the warning and of the penalties that may ensue if unsportsmanlike behavior continues.

If a team receives multiple warnings during a session, the team may be removed from the league.

Note: Inappropriate behavior by an individual will still fall under the Boys & Girls Club Technical Foul Policy. Crowd Warnings may still be issued in this event.



OTHER IMPORTANT INFORMATION

Communication

1. Reach out to parents ASAP.
2. Utilize a group text method of reaching parents (like Groupme).
3. If you don't hear back from some parents, please notify the Director of Sports.
4. Over-communicate.
5. Go over rules
6. If your team might have to forfeit or you cannot coach a game, please alert the Director of Sports ASAP.
7. Coaches will give awards to players on their team at the end of the season.

Practices

1. Do not enter the school/gym early.
2. Have a conversation with parents and spectators about expectations.
3. Your team is responsible for cleaning up after yourselves.
4. Practice limit is approximately 1 hour (weekly) at Springfield Public Schools or a BGCS unit for each team.

Coaches

1. All Coaches and Assistants must receive background checks, provide references and complete the Child Safety Training.
2. All Coaches and Assistants are Mandated Reporters.

Game Schedules

<http://www.bgclubspringfieldsports.org/schedules>



7th & 8th GRADE - 3vs3 RULES

General Rules

- A coin flip determines which team gets the ball first.
- Teams score by either regular 2-point baskets or by 3-point shots taken from outside the three-point circle.
- After a basket has been scored or a foul called, a player must start a new possession with both feet behind the three-point line and with passing the ball in.
- On fouls, each shooting foul called will result in 1 point AND the ball for the offended team. After a team has reached 15 points, the other team shoots free throws when fouled (1 and 1).
 - After 7 team fouls, the opposing team shoots 1 and 1.
- Technical fouls result in 2 points and the ball for the opposing team.
- All jump balls will be put into play behind the three-point line with possession given alternately to each team.
- On defensive rebounds or steals, players must return the ball by dribbling or passing across the three point line before a basket may be attempted. Once across the line, the player does not have to pass the ball before shooting.
- Balls hit out of bounds, where possession stays, will be taken from out of bounds - near that spot.
- After a basket, possession will go to the opposing team.
- The three-second rule will apply to all offensive players.
- Substitutions may be made after a basket or an out of bounds play. Ref will be alerted by the coach as a timeout ONLY if your team has possession of the ball.
- A made shooting foul, under 15 points, will result in a free throw attempt. It's a live ball but, if made, the ball goes to the opposing teams.
- All teams are encouraged to include at least 1 girl player that must play a minimum of 10 minutes.
- Forfeit is 5 minutes after game time and teams must start with 3 players.
 - If a team must pick up players, they will be issued an official forfeit.

Length of Game

- Two 12-minute halves with a running clock. The final minute of each half will stop on dead plays.
- Overtime will be 2-minutes with a stopping clock - 1 timeout each. Fouls will carryover.

Regulations

- Each team is given one 1-minute timeout each half
- Ball size is 28.5 / Free throw is the regulated line / rim height is 10-feet