

Kitsap County Basketball Association
Girls & Boys Grades 3/4, 5/6, 7/8th
Fall 2026 (Revised 3/2/26) League Rules

High School Rules will be used, except where noted below. **REMEMBER, this is a recreational league!** Although competition is part of any sporting event, winning is not the reason for making this league available to our young athletes. Please encourage your parents and players to support all of the kids participating on the court. Both teams are being challenged, making achievements and proud moments possible for everyone. Teach them to cheer accomplishments of the players on both sides; there is nothing to be gained by cheering when an opposing player misses a shot or gets a foul called on him/her. **All teams will incorporate the equal playing time rule: every player gets an equal share of the time available in a game.**

Time

- 20 minute halves, running clock
 - Stop clock last 2 minutes of second half: **(EXCEPT 3/4th grade games.)**
 - Stop clock during time-outs (2 per team per half, no carry over)
- 3 Minute Overtime: **A single 3 minute overtime period is allowed for each game.** 2 minute break between the end of a tie game and the jump ball to start the 3 minute overtime period. 1 time out per overtime period, no carry over. **If the tie is not broken, game ends on a tie.**
- 5 minute Half-time
- 10 minute pre-game warm-up or until the scheduled game time, whichever is longer.

Equipment

- 3/4th grade teams and all girls teams, and 5/6th grade boys will use a 28.5" ball either rubber, composite or leather, as agreed upon by both teams. If there is a conflict in choice of material which cannot be agreed upon, home team chooses. For 5th grade boys and girls and above, only composite or leather balls will be used.
 - **3/4th grade games will be played on 9' hoops.**
- 7/8th grade boys teams will use official size composite or leather ball as a game ball.

Scoring

- 3-point line will be used, where available.
- Point awarded on shooting fouls (see Fouls)
- (see FOULS)

Defense

- All defenses are allowed, including full court pressure, with the following guidelines and exceptions:
 - For 3/4th grade, half court defense only! Zone or man defenses are allowed.
 - **For 3/4th grade, No stripping/stealing the ball from a player who is not dribbling the ball.**
 - For 5/6th grade teams: half court defense only! Zone or man defenses are allowed.
 - No full-court pressure by leading team when the point spread is 15 or greater.
- Restoring full court defensive pressure option to the leading team: After having a **point spread of 15 points**, the leading team cannot apply a full court defensive pressure until the point spread has been reduced to 10 or less. At this point, the leading team may apply a full court defensive press up to **the 15 point** rule.
- VIOLATION: Warning, then technical foul.

Substitutions – All players must play an equal amount of time as possible.

Fouls: for 3/4th grade:

- Foul shots will be taken per normal HS rules. At the discretion of the officials, shooter may move towards basket to shorten the shooting distance. Clock continues to run.

-Fouls are awarded and tallied by our 20 minute halves. Normal HS quarter foul limits apply to our 20 min halves

- Technical Fouls: 2 POINTS and the BALL

For 5/6th grade division:

- Foul shots will be taken per normal HS rules. **Clock continues to run.**
- Technical Fouls: 2 POINTS and the BALL

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For 7/8th grade division:

- During Running Time – all foul shots taken per normal High School rules; clock continues to run.
- During Stop Time (Regular Clock): All foul shots are taken as normally awarded under High School rules; clock stops for foul shots.
- Technical Fouls: 2 POINTS and the BALL**

Foul outs: A player must be removed from the game when he/she commits 5 personal fouls. If this foul out results in only 4 eligible players, the player who just fouled out will be allowed to continue in the game with the following stipulation: each additional foul committed by this player will be a technical foul and the opposing team will be awarded the ball and 2 points.

Conduct

- A player or coach is ejected on the second technical foul assessed to them during the game. Note: this does not include technical fouls issued due to a player continuing to play after a foul out.
- An ejected player or coach is suspended for the remainder of that day's games and the next scheduled day's games.
- A player or coach ejected a second time is suspended for the remainder of the season.
- The coach is responsible for the conduct of his/her players and spectators.**

Personal Appearance and Safety

-Rings, hard hair barrettes or clips, hoop or dangling earrings, necklaces, medallions, medal or beaded bracelets are NOT allowed on the court. String or rubber bracelets and stud earrings are allowed and may be covered to prevent loss.

- VIOLATION: First team offense is a warning. Second team offense is a technical foul.
- Fingernails must be clipped and rounded.

Official Time and Score

-Each team participating in the game must provide one person to be assigned as either official score keeper or official time keeper. The referee will designate the official score book before the start of the game and this team will be considered home team. The visiting team is invited to maintain their scorebook at the official table and if this option is chosen, they will be a backup to the official book. NO COMPLAINTS OR CRITICISM WILL BE TOLERATED FROM ANYONE NOT ON THE OFFICIAL'S TABLE.

Set-up, take-down and clean-up

We can minimize the impact on the school facilities and the cost to use the facilities by observing the following gym rules:

- Help set-up chairs and scoring tables for the first game and please assist in putting chairs and tables away at the end of the day's final game. This provides the coach a chance to talk to the athletes as well as demonstrating to the players our family commitment to their sport.
- In every case, all players, coaches, and fans should clean-up after themselves.
- Each team should take a towel for cleaning up water-bottle spills near the bench area before the next team arrives.
- When your game is over, please collect your gear and move to a corner away from the benches for your post game discussion. It is very important for each game to start at its planned time. This will benefit all the families involved, the officials scheduled for multiple games, and facility management.
- DO NOT** allow your parents, athletes, children or friends to wander through the schools. Our league is authorized to use the gym and adjacent restrooms ONLY! Misuse of these facilities could result in their loss to this league and possibly, future leagues. Parents need to supervise their children at all times.
- ABSOLUTELY NO SKATEBOARDS OR WHEELED TOYS ARE ALLOWED IN THE GYMS.**
- Food is NOT allowed in any of the gyms.**

-Let your players and their parents know the rules.

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