

Grades 3 through 8: Boys & Girls

Rules for 2025-26 Season

Welcome to the 2025-26 season. As you read these rules, you will realize that TBA strives to maintain a program that allows each player to realize his or her full potential, while keeping the ideals of sportsmanship and fair play above all else.

Since this is a recreational league, competitiveness is downplayed while participation and fun are emphasized.

There are some fundamental safety rules enforced at all grade levels. These include:

- Absolutely no jewelry of any kind is allowed except NFHS exceptions
- Metal and hard plastic hair clips are prohibited. Exception per NFHS: Hair adornments made of hard material are permitted provided they are securely fastened close to the head and do not present an increased risk to the player, teammates or opponents.
- No casts of any kind are allowed
 - Absolutely no food or drink is allowed in any gym as per school district rules.
 - Only individual plastic water bottles containing water are allowed.
 - No sports drinks, coffee or pop. Violations may each result in a bench technical foul.
- Flash photography is prohibited during play. No spectators will be allowed to stand or sit along the endlines during game play. At Fowler, temporary foot traffic will be permitted in order to access Court 2 (farther from main entry).

By following these safety rules, the program provides a safe environment for our children. We expect every coach, player, parent and spectator to adhere to these rules.

- Players who participate in practices must play at least 50% of each game held that week. It is the responsibility of parents to report any non-compliance of this rule to the TBA Hoop Line.

GAME RULES: ALL GRADE LEVELS 3 through 8

TBA operates under the current rules of the National Federation of State High School Associations (NFHS) with the following modifications and exceptions. Referee decisions are final. TBA does not recognize appeals.

At least 5 minutes prior to the start of each game, each head coach will:

1. Produce a volunteer to work at the scorer's table.
 2. Present a roster with player names (first and last) and jersey numbers to the scorekeeper.
 3. Penalty for each of the above: administrative team technical foul – 2 shots for opposing team and possession of the ball to start the game.
- TBA-issued jerseys for the current season must be worn, or the game will start with an administrative technical foul for each violation. If both teams violate, the technicals do not offset each other. The technicals count as team fouls, but not player fouls or indirect coach technicals. Players may participate with non conforming jerseys after penalties have been assessed.
 - Undershirts and shooting sleeves may be of any color.
 - Only registered TBA players shall participate in TBA games. Use of a player in a game who is not registered will result in the game being declared a forfeit, and the head coach receiving a flagrant technical foul (with ejection) for unsportsmanlike conduct.
 - Any coach, player or spectator ejected from a game will, at a minimum, be suspended from attending all TBA activities for one week.
 - Teams should have at least six players to start the game. If a team has fewer than six , they may play with four or five, or they may recruit other registered TBA players who are in the gym at the time and who are of the same gender and the same grade level or below, Only as many players as it takes to get to a full complement of six are allowed to be recruited. If that team's roster players arrive during the game, they must replace the non-roster players at the next substitution opportunity, and the non-roster players cannot participate further in the game except for injury.
 - If a number of players are disqualified to reduce the available players to less than five, the most recently disqualified player(s) may remain in the game, but each foul assessed thereafter against a disqualified player shall be penalized as a result of the foul, plus one free throw and possession of the ball by a throw-in.

- If a team is assessed 3 unsportsmanlike technical fouls in a game, that team forfeits and the game will end. This is in addition to any individual sanctions that may result.
- Any profanity from a player or coach is considered to be a flagrant technical foul, which includes ejection from the game. Parents and/or spectators may be ejected at any time for unsportsmanlike behavior at the discretion of the officials and/or TBA board members.
- Any coach receiving 2 unsportsmanlike technical fouls in separate games must serve a one week suspension from all TBA activities. Any player or coach ejected twice in a season will be dropped from TBA.
- Any player yelling at an opponent may be considered unacceptable conduct by the referees. The first offense shall result in a team warning. The ball will be awarded to the opponents for a spot throw in. A second offense is considered unsportsmanlike conduct, resulting in a team technical foul.
- TBA does not recognize a designated coaching box at any level and coaches must remain seated except that the head coach may stand to request a timeout, confer with the scorer's table, or spontaneously react to an outstanding play by a team member.

Ball Size

Division	Ball Circumference
Boys grades 7-8	29.5"
Boys grades 5-6 and Girls grades 5-8	28.5"
Boys and Girls 3-4	27.5"

Game Timing

- Games shall consist of 10 minute running clock quarters for grades 5-8
- 9 minute quarters for grades 3-4.
- Half time will be 3 minutes.
- 1 minute between quarters.
- The clock stops for free throws and timeouts.
- If the score differential is less than 10 points in the last 2 minutes of a game, timing will change to stop clock for the remainder of the game.
- There will be no overtime periods during the regular season.

- If games are running long, the officials may alter the timing regulations as needed to stay on schedule.

Overtime (OT)

- Playoff games with the score tied at the end of regulation will play a single 2 min OT, stop clock.
- One 30 second Time Out per team.
- If needed, a 2nd OT will be sudden death (first team to score wins the game).

NOTE ON RUNNING CLOCK GAMES:

- Following a timeout, the clock will start at the same time it would in a stop clock game and thereafter the clock will run.
- Each team may be granted up to 2 full timeouts per half. Unused timeouts do not carry over into the second half. No 30 second timeouts.

It is important that all games begin and end on schedule. When your game is completed, please exit quickly so the next game's personnel may prepare for their game.

3rd & 4th Boys and Girls - Introduction to Basketball

The purpose of the 3rd and 4th grade programs is to teach boys and girls the fundamentals of the game, with emphasis on sportsmanship and fair play. To achieve this goal, special rules apply.

- The score shall not be shown if at any time either team has a lead of 15 points or more. The current score will continue to be maintained in the scorebook.
- Back court guarding, zone defenses and isolation plays (set plays involving only a single offensive player) are not allowed at any time. In the front-court, defensive players must remain within six feet of their opponent and must pick them up by the time that player reaches the top of the key in the front court. Double teaming is allowed only when the ball-handler is in the key. A "double-team" is two defenders actively guarding and facing an offensive player.
- The offensive team needs to be allowed to advance the ball into the front court.

- Only 1 player substitution at a time, from each team, will be allowed to enter the game except at the start and midway point of each quarter. The timer will verbally notify referees as near as possible to the midway point of each quarter. The referees will then call a 30 second timeout for substitutions to enter the court and players to be matched up with the assistance of their coaches. This timeout is not to be used for a strategy huddle.
- Players will be allowed up to 5 seconds in the key.
- 5 second closely guarded violations will not be called.
- Free throws are shot from a line 4 feet closer than standard. Strict adherence to the line will be enforced.
- All games will use a nine foot hoop.
- Two warnings per team, per type, will be issued for violations of the no back court, zone, illegal double teaming and isolation rules. Subsequent violations may be assessed team technical fouls.

5th - 8th Grade Rules

- If at any time during the game a team has a lead of 15 or more points, that team is not allowed to defend in the back court. The offensive team needs to be allowed to advance the ball into the front court. One warning per team shall be given for violations of the no backcourt guarding rule. Subsequent violations may be assessed as team technical fouls.
- If a team has a lead of over 30 points, the score will not be shown on the scoreboard, and the clock will run during free throws. The current score will continue to be maintained in the scorebook.

Free Throws

Strict adherence to the lines below will be enforced.

Grades	Free Throw Distance
3rd and 4th	4 feet closer than standard.
5th Boys and 5th/6th Girls	2 feet shorter than standard.
6-8 Boys and 7-8 Girls	Standard (15 feet).