

**Blue Mountain Recreation Commission
Youth Basketball League
2025-2026 Season
Game Format**

GAME FORMAT

1. Playing Rules

- a. All divisions will adhere to the rules as prescribed in the National Federation of State High School Associations (NFHS) for Basketball with modifications adopted by the Pennsylvania Interscholastic Athletic Association (PIAA), except as noted herein.

2. Regulation Ball Sizes

- a. Instructional Division(s): Junior size (Size 4, 25.5")
- b. Boys' 3rd & 4th Grade, Boys 5th & 6th Grade, and ALL Girls Divisions: Intermediate (Size 6, 28.5")
- c. Boys' 7th & 8th and 9th-12th Grade Divisions: Official (Size 7, 29.5")

3. Rim Height

- a. The Instructional Division shall be lowered to 8'.
- b. All other Divisions shall be played at regulation 10'.
- c. Rim height for divisions will be reevaluated before and during each season.

4. Bench Etiquette

- a. The following is for all locations used by the Blue Mountain Recreation Commission:
- b. Each team is limited to three adults on the bench, either a head coach and two assistants or three assistants with one acting as head coach.
- c. During play, assistant coaches and players must be seated at all times.
- d. Water bottles should be placed behind or away from the bench to prevent spills.

5. Game Flow

- a. **Four 8-minute quaters** with a running clock for **ALL Divisions**.
- b. The clock will stop for timeouts, injury, mandatory substitutions, and foul shots/free throws.
- c. Time between periods: one (1) minute.
- d. **ALL DIVISIONS: The last two (2) minutes of regulation and throughout each overtime period** (where applicable) will be a stopped clock with regular PIAA timing rules (clock stopped for fouls, timeouts, injury, when the ball goes out of bounds, etc.).

6. Warmup Time between Games

- a. At the completion of each game, the clock operator will put **10 minutes** on the clock to be used as warmup time. When the warmup time expires, the next game will begin immediately. Officials have the authority to shorten warmups to **6 minutes** to keep the pace of games.

7. Free Throws

- a. 3rd – 4th Grade Divisions:
 - i. Permitted to shoot from two feet closer to the basket. Officials will determine an appropriate spot.
 - ii. Any player shooting from a closer free throw line is not permitted to rebound a missed shot – result is a change of possession.
 - iii. Any player shooting from the free throw line is permitted to rebound a missed shot – regular play.

8. Halftime

- a. Each halftime period will be **five (5) minutes** in length.

9. Timeouts

- a. Each team will be granted **three (3) timeouts per game** and one (1) additional timeout will be allowed in each additional overtime period.
- b. Unused timeouts in regulation will NOT carry over into overtime.
- c. All timeouts are 60-seconds in duration.

GAME FORMAT cont.

10. Defense

- a. Man-to-man or Zone defenses are permitted.
- b. However, **man-to-man defense is strongly encouraged at all levels.**
- c. Defenses such as “Box-and-1” and “Triangle-and-2” are NOT permitted in Divisions with 4th grade players or younger. Coaches should focus on teaching fundamental defense before advancing to critical-thinking plays/defense.

11. Full-Court Pressure (Pressing)

- a. Divisions including 3rd- 4th
 - i. **NO PRESSING** at any time.
 - ii. Defense cannot be initiated until the ball has crossed the halfcourt line.
 - iii. This includes at change of possession (e.g. rebounds, blocked shots, steals).
- b. Boys Grades 5th- 6th and Girls Grades 5th- 7th
 - i. No pressing until **final two (2) minutes** of all quarters, and each overtime period.
 - ii. **Any team with a 10-point lead or more is NOT permitted to press** (the other team is permitted.)
- c. Boys Grades 7th- 12th and Girls Grades 8th- 12th
 - i. Pressing always allowed.
 - ii. **Any team with a 10-point lead or more is NOT permitted to press** (the other team is permitted.)

12. Substitutions

- a. There will be mandatory substitutions approximately every **four (4) minutes** of game clock time.
- b. Substitutions shall follow the pregame lineup card.
- c. Substitutions within the period should last no longer than 30 seconds. Exceeding that time is subject to Bench Warning and Bench Technical fouls at discretion of referee.
- d. Substitution schedule can only be revised prior to the first overtime period, but then followed for remainder of the game, substituting (roster rotating) at the beginning of each overtime period.

13. Equal Playing Time & Lineup Cards

- a. **LINEUP CARD SHEETS MUST BE USED BY ALL COACHES!**
- b. **Head coaches have a right to see the opposing team's scoresheet during warmups, timeouts, or halftime.**
- c. Completed cards (including player names and jersey numbers) must be turned into the scorekeeper prior to each game so they can write the names/information in the scorebook. They will then return the card to the coach.
- d. This is the lineup that **MUST** be used for the entire regulation; NO alterations are allowed (unless a player gets injured or fouls out).
- e. Teams will start each game with five (5) players (1st roster used). The referee will stop the game as close to the four-minute mark as possible for substitution of the next rosters.
- f. Roster substitutions are NOT timeouts. The time for substitutions should not exceed 30 seconds. Exceeding that time is subject to Bench Warning and Bench Technical fouls at discretion of referee.
- g. **The differential in time played between the player with the most minutes and the player with the least minutes is to be no more than 4 minutes**, except when a **game goes into overtime**. Or if a player is being disciplined for lack of practice attendance (see Attendance).
- h. **During regulation, no player will sit out an entire quarter unless it's for discipline due to attendance or arriving late.** (See Attendance, see 12. J.)
- i. Coaches who do not utilize the correct line up will be given one (1) warning and then must sit out a game for each additional lineup misuse.
- j. **Players Arriving Late**
 - a. If a player arrives late to the game and does not show up by opening tip, that player must sit out the remainder of the first half.
 - i. Modifications to the lineup must be made at halftime.
- k. If a player shows up late and misses the inbounds pass to start the second half (3rd quarter), that player must sit out the remainder of the game, including overtime.
 - a. **To prevent this from happening, please stress to your players that they MUST be at the gym 15 minutes prior to your scheduled game time!**

GAME FORMAT cont.

14. Playoffs

- a. **Playoffs and Championship games will be** held at the conclusion of the regular season for grades 3rd-12th. There will be one - two weeks of playoff games at the end of the regular season.
- b. Teams will be seeded based on their regular season records.
- c. **The top four (4) teams from each division will make the playoffs. Regardless of how many teams are in the Division.**
- d. If there is a tie in the standings, the first tiebreaker will be a head-to-head record.
- e. If teams split their head-to-head meetings, the next tie-breaker criteria will be margin of victory against the teams in question.
- f. If a regular-season game is missed the Blue Mountain Recreation will make every attempt to reschedule and play the game. If the game is unable to be made up, the game will be forfeited and not included in either teams' record.

15. Score Keeper & Clock Operator & Officials

- a. The Blue Mountain Recreation Commission will schedule a scorekeeper and clock operator for each game.
- b. The scorekeeper and clock operator must always have clear sight of the entire court.
- c. The table will not be interpreted while the clock is running.
- d. One (1) or two (2) PIAA officials will be assigned to each game.

16. Uniforms/Hygiene

- a. Uniforms will consist of a shirt provided by the League.
- b. Shorts obtained by the player.
- c. Socks and sneakers must be worn.
- d. Parents will be responsible for the upkeep and care of the uniform.
- e. Only shirts issued by the League may be worn during games.
- f. Spandex/shorts are permitted to be worn underneath the uniform shorts.
- g. **Jewelry may not be worn during practice or games except for medical alert items.**
 - i. Players should schedule any piercings well before or after the season.
 - ii. Watches, fitness trackers, or e-watches are not permitted to be worn during games. It is up to the coach at practice.
- h. Fingernails shall be no longer than the end of the finger.

17. Overtime(s)

- a. If the game is tied at the end of regulation, overtime period(s) of **two (2) minutes** in length will be played.
 - a. **EXCEPTION: NO overtime periods in Boys and Girls 3rd & 4th Grade Divisions.** Games can end in a tie.
- b. **PIAA timing (stop clock timing)** throughout each overtime period.
- c. Substitutions/Lineup Cards
 - i. Player substitutions will occur at the end of each overtime period if additional overtime periods are necessary.
 - ii. Coaches can set a new lineup card for the first overtime period (consider overtime the start of a new game for lineup card purposes).
 - iii. Should a game go into a second overtime period, any players that sat for the first overtime period **MUST** play in the second overtime period.
 - iv. The overtime lineup card shall be followed for the duration of the game.

16.a AT CONCLUSION OF THE SECOND OVERTIME PERIOD

- a. GAMES ENDING IN A TIE
 - i. If the game is tied at the end of the second overtime period, a TIE will be declared.
 - ii. For team standing purposes, team wins are awarded two (2) points, ties are awarded one (1) point, and losses are awarded zero (0) points.
- b. PLAYOFFS
 - i. There will be no ties during playoffs in playoff eligible divisions.
 - ii. Overtime periods of two (2) minutes in length will continue until the tie is broken at the end of each overtime period.
 - iii. Substitutions (roster rotations) are performed at the beginning of each overtime period following the substitution schedule created at the beginning of the first overtime period.