

Basketball Rules Modifications for Youth Leagues				
	Description	5-8 Years Old	9 & 10 Years Old	11 & 12 Years Old
BALL SIZE	Different ages will use a different sized ball to accommodate child's size and development.	Kinder - 22" circumference 1st & 2nd Grade - 27" circumference	28.5" circumference	28.5" circumference
BASKET HEIGHT	Baskets in Einstein Mult-Purpose gym adjust down to 8' to accommodate child size & development.	8' - 1st Grade Boys, 1st & 2nd Gr Girls 9' - 2nd Grade (boys only)	10'	10'
GAME FLOW / CHANGE OF POSSESSION		Kinder - Reset at top of key after completion of each possession. 1st & 2nd - Continuous - Reset at top of key on fouls / dead ball.	Continuous	Continuous
BALLHANDLING VIOLATIONS				
Double Dribble	Resuming the dribble after having stopped (assuming no defensive contact of the ball), or dribbling with both hands at the same time.	Allow 1 violation per player, per possession, but gradually tighten that allowance as season goes on. (more flexibility at younger ages)	Allow 1 violation per player, per possession, but gradually tighten that allowance as season goes on.	Make the call upon violation.
Over-And-Back	The return of the ball to the backcourt when last touched by an offensive player in the frontcourt.	Don't Call	Give warnings early in the season. Begin to call later in the season.	Call
Traveling	Taking more than one step without dribbling. Also called carrying the ball or palming the ball when a player turns the ball a complete rotation in the hand between dribbles	Give an extra step for starting and stopping, gradually tighten that allowance as season goes on. (more flexibility at younger ages)	Give an extra step for starting and stopping, gradually tighten that allowance as season goes on.	Make the call upon violation.
CLOCK VIOLATIONS				
Inbounds	On any inbounds play, the player throwing the ball in has 5 seconds to release the ball.	Don't call	Give warnings early in the season, make the call upon violation after mid-season.	Make the call upon violation.
Lane	An offensive player cannot be in the lane for more than 3 seconds at a time.	Don't call	Give warnings early in the season, make the call upon violation after mid-season.	Make the call upon violation.
Backcourt	A team must advance the ball into its frontcourt within 10 seconds after gaining possession in the backcourt.	Don't call	Give warnings early in the season, make the call upon violation after mid-season.	Make the call upon violation.