



ROARING FORK  
**YOUTH**  
BASKETBALL LEAGUE

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## Mission

The Roaring Fork Youth Basketball League is a recreational, developmental youth basketball league that focuses on fundamental basketball skills, education of basketball rules, sportsmanship, teamwork, and having fun. The goal of this program is to introduce first-time players to the game, as well as aid the improvement of beginner/intermediate level players. While standard basketball rules will apply, we also offer the following rules and guidelines in order to promote a positive, safe, and beneficial program for all involved.

## 3<sup>rd</sup> & 4<sup>th</sup> Grade Rule & Guidelines

### Equipment/Facility Specifications

Topic	Rule
Size of Ball	Boys and Girls—size 5 (27.5")
Height of Basket	8'
Size of Court	Ideal; 74'x50'
Distance of 3-Point Arc	N/A—2 points ONLY
Distance of Free Throw Line	N/A

### Game Structure

Topic	Rule
Game Length	<ul style="list-style-type: none"><li>• Two 20-minutes halves</li><li>• Stopped clock on dead ball in final 2:00 of regulation when score is within 10 points</li></ul>
Halftime	3 minutes
Players	5-on-5
Extra Periods	There are no OT Periods (extra periods)
Scoring	<ul style="list-style-type: none"><li>• <b>Free Throw:</b> No FTs in games</li><li>• Shooting Foul—Missed Shot = Possession</li><li>• Shooting Foul—Made Shot = 2 points &amp; Possession</li><li>• <b>All field goals:</b> 2 points/No 3pt.</li></ul>

## 2025-2026 Roaring Fork Youth Basketball League Rules

Timeouts	<ul style="list-style-type: none"> <li>• Two 30-second timeouts permitted in each half of play</li> <li>• Unused timeouts may not carry-over into the next half</li> </ul>
Start of Game	<ul style="list-style-type: none"> <li>• Jump Ball</li> <li>• Possessional arrow determines ball at halftime and extra periods</li> </ul>
Playing Time	Equal playing time for all players.

### Game Tactics

Topic	Rule
Set Defense	<ul style="list-style-type: none"> <li>• Only player-to-player, man defense is allowed.</li> <li>• Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive players movements with or without the ball.</li> <li>• The defensive player must stay on the same side of the court as the offensive player, divided by the rim line.</li> <li>• If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.</li> <li>• “Help-and-Recover” defense is permitted, and off-ball spacing encouraged.</li> <li>• No Switching Allowed – Colored Wristbands Required – Guard Same Colors ONLY – Coaches dictate matchups and may switch bands on dead balls.</li> </ul>
Double-Team/Crowding	Double-teaming/crowding is not allowed.
Stealing	<ul style="list-style-type: none"> <li>• NO Stealing on the Dribble</li> <li>• Stealing on the pass ONLY</li> <li>• Refs are asked to enforce hand-checks and foul-contact on steal attempts.</li> </ul>

### Game Play

Topic	Rule
Backcourt Timeline	<ul style="list-style-type: none"> <li>• 10 seconds (enforced by Referees).</li> <li>• Over and back will not be called.</li> <li>• Defenders can follow offensive players if they cross into the backcourt.</li> </ul>
5-Seconds Guarded	<ul style="list-style-type: none"> <li>• Coaches encouraged to emphasize ball-movement on held-ball.</li> <li>• Defenders are not allowed to grab ball when picked up on dribble.</li> </ul>
Clock Stoppage	Timeouts, injuries.

## 2025-2026 Roaring Fork Youth Basketball League Rules

Blow-Outs	If point spread exceeds TWENTY (20) points, score will be kept on paper but not on the scoreboard, until differential returns to <20.
Free-Throw	<ul style="list-style-type: none"> <li>Length of time for a free-throw is 10 seconds</li> <li>Offense may have (3) players on the lane, including the shooter. Defense may have (3) players on the lane.</li> </ul>
Substitutions	<ul style="list-style-type: none"> <li>Either team may substitute on any dead ball.</li> <li>Subs must check in at scorer's table and wait for the referee to wave them into the court.</li> <li>Players must run on/off the court during substitutions, and shake hands/'high-five'/exchange wristbands.</li> </ul>
Violations	<ul style="list-style-type: none"> <li>5-Second Inbounding violation <i>loosely</i> enforced</li> <li>Sideline boundaries enforced during inbound</li> <li>10-Second back court loosely encouraged</li> <li>3-Second key violation <b>enforced</b></li> </ul>
Fouls	<p>Players are addressed at their 6<sup>th</sup> foul, and coaches are expected to restrict playing time.</p> <p><b>Bonus:</b> N/A</p>
Technical Fouls	<ul style="list-style-type: none"> <li>Technical Fouls will result in an automatic 2 points and possession of the ball to the other team.</li> <li>Technical on Player: Player must be removed from play for the remainder of the half (restrictive penalty). A second technical will result in a suspension for the remainder of the game, and a mandatory sit-down meeting with the League's Town Representative and head coach to discuss sportsmanship.</li> <li>Technical on Coach/Bench: After a technical, the coach is restricted to his bench for the remainder of the game (no standing). If the coach continues to stand or engage the officials in a non-positive manner, a second technical may be called. A second technical for a coach will result in suspension from the remainder of the game, and a meeting with the League's Town Representative. In the event of a coach suspension, a Recreation Staff Member would be appointed to fill in for the remainder of the game, or a parent if a staff member is not readily available.</li> </ul>
Bench	<ul style="list-style-type: none"> <li>Players not in play must remain on their bench, seated.</li> <li>No dribbling/passing/playing with basketballs on the bench. Warning first, then unsportsmanlike conduct or delay of game may be enforced by the officials.</li> </ul>

## 5<sup>th</sup> & 6<sup>th</sup> Grade Rules & Guidelines

### Equipment/Facility Specifications

Topic	Rule
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## 2025-2026 Roaring Fork Youth Basketball League Rules

Size of Ball	Boys & Girls Size 6 (28.5")
Height of Basket	10'
Size of Court	84'/94'x50'
Distance of 3-Point Arc	N/A—2 point FGs ONLY
Distance of Free Throw Line	15'

### Game Structure

Topic	Rule
Game Length	<ul style="list-style-type: none"> <li>Two 20-minute halves, running clock.</li> <li><i>Stopped clock on dead ball in final 2:00 of regulation when score is within 10 points.</i></li> </ul>
Halftime	3 minutes
Extra Periods	There are no OT Periods (extra periods)
Scoring	<ul style="list-style-type: none"> <li>Free Throw: 1 point</li> <li>All field goals: 2 points</li> <li>No 3 point FG.</li> </ul>
Timeouts	<ul style="list-style-type: none"> <li>Two 30-second timeouts permitted per half of play with no carry over from first to second half.</li> <li>One 30-second timeout granted for each extra period with no carry over from regulation or prior OT periods.</li> <li>Unused timeouts may not carry-over into the next half or extra periods</li> </ul>
Start	Jump ball.
Playing Time	<ul style="list-style-type: none"> <li>Coaches discretion throughout competition.</li> <li>Equal Playing Time encouraged.</li> <li>Emphasis on inclusion and establishing understandable criteria for athletes to focus their efforts to earn more time.</li> </ul>

### Game Tactics

Topic	Rule
Set Defense	<ul style="list-style-type: none"> <li>Man-to-Man (player-to-player) "Help &amp; Recover" defense ONLY through January</li> <li>All Zones or Varied Defensive Strategies behind half court are allowed beginning <b>at the halfway point of the season.</b></li> <li>Coaches encouraged to gradually introduce zone sets, as well as various traps and/or help defense rotations.</li> </ul>
Press Defense	Full court pressing is not allowed in 5 <sup>th</sup> /6 <sup>th</sup> grade basketball.
Double-Team/Crowding	<ul style="list-style-type: none"> <li>Allowed in zone or combination defensive schemes after Feb. 1st.</li> <li>Help defense and switching is encouraged throughout the season.</li> </ul>

## 2025-2026 Roaring Fork Youth Basketball League Rules

Stealing from the Dribbler	<ul style="list-style-type: none"> <li>Allowed throughout the competition at coach's discretion.</li> <li>Reach-in fouls will be strictly enforced.</li> </ul>
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### Game Play

Topic	Rule
Backcourt Timeline	10 seconds
5-Seconds Guarded	Referees and coaches encouraged to emphasize ball movement.
Clock Stoppage	<ul style="list-style-type: none"> <li>Timeouts and injuries.</li> <li>Final two minutes of play (score within 10 points)</li> </ul>
Free Throw Time Limit	10 seconds
Free Throw Lane	<ul style="list-style-type: none"> <li>Offense may have 3 players on the lane, including the shooter</li> <li>Defense may have 4 players on the lane</li> </ul>
Substitutions	<p>Either team may substitute on any dead ball.</p> <ul style="list-style-type: none"> <li>Subs must check in at scorer's table and wait for the referee to wave them into the court.</li> <li>Coaches encouraged to require players to shake-hands or high-five the player they replace.</li> </ul>
Violations	<ul style="list-style-type: none"> <li>5-Second Inbounding violation enforced</li> <li>10-Second back court enforced</li> <li>5-Second lane violations addressed but not enforced</li> <li>3-Second key violation enforced</li> </ul>
Fouls	<ul style="list-style-type: none"> <li>Player fouls monitored by Coaches, Referees, Score Table.</li> <li>Players foul out at 6<sup>th</sup> individual foul.</li> <li>If the team is low on numbers, fouled out players playing time restricted.</li> </ul>
Technical Fouls	<ul style="list-style-type: none"> <li>Technical Fouls will result in an automatic 2 points and possession of the ball to the other team.</li> <li>Technical on Player: Player must be removed from play for the remainder of the half (restrictive penalty). A second technical will result in a suspension for the remainder of the game, and a mandatory sit-down meeting with the league commissioner and head coach to discuss sportsmanship.</li> <li>Technical on Coach/Bench: After a technical, the coach is restricted to his bench for the remainder of the game (no standing). If the coach continues to stand or engage the officials in a non-positive manner, a second technical may be called. A second technical for a coach will result in suspension from the remainder of the game, and a meeting with the league commissioner. In the event of a coach suspension, a Recreation Staff Member would be appointed to fill in for the remainder of the game, or a parent if a staff member is not readily available.</li> </ul>

## 2025-2026 Roaring Fork Youth Basketball League Rules

Bench	<ul style="list-style-type: none"><li>• Players not in play must remain on their bench, seated.</li><li>• No dribbling/passing/playing with basketballs on the bench. Warning first, then unsportsmanlike conduct or delay of game may be enforced by the officials.</li></ul>
Blow-Out Games	<p>If the point-spread exceeds TWENTY (20) points:</p> <ul style="list-style-type: none"><li>• The scoreboard WILL NOT reflect the actual score until the differential returns to within 20 points (accurate score kept in book).</li><li>• Respect and sportsmanship emphasized by leading-team coaches.</li><li>• Leading-team coaches are asked to emphasize patience and execution in offensive possessions.</li><li>• Exploitative or unsportsmanlike conduct will be reported to the league commissioner by the officials.</li></ul>
Advancement of Ball after a Timeout	<p>In the last two minutes of the 2<sup>nd</sup> half, and each extra period following a timeout, the ball may be inbounded from the offensive team's frontcourt opposite the scorer's table.</p>

## LEAGUE STANDARDS

### SPORTSMANSHIP

- Sportsmanship is respecting all opponents equally, no matter their record, skill, or ability.
- Sportsmanship is committing your best effort to every challenge with the intention of achieving mutual growth and to further development.
- Sportsmanship is respect – it must first be given before it can be earned.

### SUCCESS

- Success is the peace of mind which comes from the self-satisfaction in knowing you did give your entire effort in pursuit of your best potential.

### ETIQUETTE

#### Hospitality

- Our athletic environments should be warm and welcoming to any and all visitors.

#### Respecting Officials

- Parents shouldn't interact with officials in any capacity, in any sport. If an interaction does occur, it has to be positive.
- How we as adults interact with officials directly influences our student-athletes' perception of referees and what is/what is not acceptable.

## 2025-2026 Roaring Fork Youth Basketball League Rules

- How we react to adversity in competition impacts our athletes' ability to maintain focus and composure. If we want our student athletes to realize competitive greatness, we have to lead by example!

### **COMPETITIVE GREATNESS**

Our youth sports are not about Wins/Losses. Our youth sports are about growth and development, and we emphasize the traits and values well-taught athletics can instill in young student-athletes. If our youth can learn at an early age to respect and enjoy the process of growth, rather than focusing only on their W/L 'value', we will create a community of healthy competitors who can recognize and appreciate the lessons our sports can teach, prioritizing enjoyment and progress over trophies and records.