



# Mesa Youth Basketball

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Sponsored by Mesa Public Schools Athletics  
[www.mesayouthbasketball.com](http://www.mesayouthbasketball.com)

## League Rules

1. Games will be officiated according to the NFHS Rule book unless otherwise noted (see section 7).
2. Play will consist of two twenty-minute halves with a running clock. Play will stop in the last two minutes of the second half if the score is fifteen points or closer.
3. Teams will have two timeouts per half that are not cumulative.
4. Home team will wear white uniforms; away team will wear dark uniforms.
5. One team parent must be available to keep score or run the clock.
6. A player or coach assessed with two technical fouls or ejected from the game for any other reason will not be permitted to participate in the next game.
7.
  - a. In K-2 leagues, there are no referees and coaches are allowed to be on the floor. Each team has 50 minutes to play and must exit the floor to allow the next two teams to warm-up. The coaches are responsible for changing/substituting their teams during the game. There is no pressing, no blocking shots, and no double-teaming. Teams may not steal the dribble, however, stealing passes is allowed.
  - b. In 3<sup>rd</sup> grade, no pressing in the backcourt, no double teaming in the backcourt. There are no zones and no double teams allowed in frontcourt. However, on-ball and passing steals are allowed.
    - i. Free throws will not be shot, one point will be added to the score and possession of the ball will be given to the fouled team.
  - c. In 4<sup>th</sup>-8<sup>th</sup>, all rules are NFHS rules are in play except:
    - i. Free-throws will be shot one-for-two (or three) and bonus will occur at 7 fouls during the game. The last two minutes will be administered by strict NFHS free-throw rules.
8. Coaches are responsible for their spectators. Mesa Youth Basketball expects all spectators to promote sportsmanship and support for all athletes. Mesa Youth Basketball expects spectators to cheer for their team, leave the coaching to the coaches, and the officiating to the officials. Spectators who are unable to exhibit such behaviors will be ejected from the premises and asked not to return for the duration of the season.