

LINCOLN YOUTH BASKETBALL

2025-2026 General League Rules

Updated: 1/9/26

- C.I.F. High School rules will apply unless otherwise noted.
- Eligibility will be determined by grade as of September 1, 2025.
- No player(s) may be added or removed from team rosters without the consent of the league administrators.
- **Coaches** will be responsible for their player's and parent's behavior. Should behavior become unmanageable, the referee or league official will ask the spectators, coaches or players to leave the gym and the team will be assessed a technical foul. Additional penalties may be applied by the league.
- Warm-Up time before games will be 5-15 minutes depending on the amount of time until the official start time.
- Halftime will be 3 minutes.
- Time between quarters will be 1 minute.
- All teams will be given 2, 30 second timeouts per half. Timeouts do not carry over into the second half or overtime. 1 timeout during overtime.
- In the event of a technical foul, the opposing team will be awarded 2 points and possession of the ball. Two technical fouls to the same person will result in an ejection from the game, that player, coach or parent must leave the gym and will be suspended from future practices and games at the league's discretion after review.
- Overtime will consist of a 2-minute stop clock period. If a tie still exists the game will be scored a tie.
- Substitution strategies are at the discretion of the coaches. However, all players on the roster and in attendance at the game must receive a minimum amount of playing time. (See handbook for breakdown)
- Forfeit Rule: Games will be ruled a forfeit 10 minutes after the scheduled start time if a team has less than 4 players. A team may start with 4, but cannot continue if they drop lower than 4 players. If a forfeit occurs, it is in the best interests of everyone to do what is necessary to even the teams and play a scrimmage. Coaches may also use half the court and practice with their teams.
- Possession Arrow / Jump-Balls: The possession arrow alternates on jump-balls and quarter changes. The team that loses possession of the opening tip will be awarded the first "Jump-Ball". If no jump-ball occurs, that team will then receive the possession at the start of the second quarter.
- Players may enter the key on free-throws on the release of the shooter. Lane violations will result in an additional free-throw attempt.
- For more details on Rules or League Policies & Procedures please see the League handbook or contact us.



DIVISION RULES ON REVERSE SIDE

LINCOLN YOUTH BASKETBALL

2025-2026 Division Rules: 1st & 2nd Boys

Updated: 1/9/26

Game Length:	Games will consist of 4, 8-minute quarters 1 minute between each quarter 3-5 minute halftime
Clock:	Running clock except for timeouts, quarter changes and halftime breaks
Timeouts:	2, 30 second timeouts per half, timeouts do not carry over 1 timeout per overtime
Rim Height:	8 Feet
Basketball Size:	27.5" Size 5
Defense:	Must play Man-to-Man defense No Double Teaming No Press or half-court trapping Player match-ups will be made by coaches and referees before each quarter Help Defense in the Key ONLY is allowed
Fouls:	Personal & Team Fouls will be kept. Players are allowed 5 Personal Fouls. On the 5 th Personal Foul the player will leave the game. No Free Throws for this age group
3pt Shot:	No
Substitutions:	Both coaches will select 5 players to start the game. Teams will line up at mid-court shoulder-to-shoulder facing the opponent. Each player will walk across and shake the hand of someone on the other team, indicating who they will be guarding. At 4-minute intervals the coach will rotate the other 5 players into the game and repeat the same match-up process. If odd number, we'll rematch up.

GENERAL LEAGUE RULES ON REVERSE SIDE



LINCOLN YOUTH BASKETBALL

2025-2026 Division Rules: 1st & 2nd Girls

Updated: 1/9/26

Game Length:	Games will consist of 4, 8-minute quarters 1 minute between each quarter 3-5 minute halftime
Clock:	Running clock except for timeouts, quarter changes and halftime breaks
Timeouts:	2, 30 second timeouts per half, timeouts do not carry over 1 timeout per overtime
Rim Height:	8 Feet
Basketball Size:	27.5" Size 5
Defense:	Must play Man-to-Man defense No Double Teaming No Press or half-court trapping Player match-ups will be made by coaches and referees before each quarter Help Defense in the Key ONLY is allowed
Fouls:	Personal & Team Fouls will be kept. Players are allowed 5 Personal Fouls. On the 5 th Personal Foul the player will leave the game. No Free Throws for this age group
3pt Shot:	No
Substitutions:	Both coaches will select 5 players to start the game. Teams will line up at mid-court shoulder-to-shoulder facing the opponent. Each player will walk across and shake the hand of someone on the other team, indicating who they will be guarding. At 4-minute intervals the coach will rotate the other 5 players into the game and repeat the same match-up process. If odd number, we'll rematch up.

GENERAL LEAGUE RULES ON REVERSE SIDE



LINCOLN YOUTH BASKETBALL

2025-2026 Division Rules: 3rd & 4th Boys

Updated: 1/9/26

Game Length:	Games will consist of 4, 10-minute quarters 1 minute between each quarter 3-minute halftime
Clock:	Running Clock. Stop clock last 2 minutes of 4 th quarter if game is within 12 points
Timeouts:	2, 30 second timeouts per half, timeouts do not carry over 1 timeout per overtime
Rim Height:	10 Feet
Ball Size:	28.5" Size 6
Free-Throw Line:	12 Feet (From backboard to free-throw line. 3 feet in front of regulation line)
Defense:	Man-to-Man Zone allowed in the 2nd half
Press:	No Press No half-court trapping
Fouls:	Personal & Team Fouls will be kept. Players are allowed 5 Personal Fouls. On the 5 th Personal Foul the player will leave the game. On the 7 th Team Foul of each half, the opposing team will be awarded a one-and-one bonus. On the 10 th Team Foul of each half, the opposing team will be awarded a double bonus (2 Free-Throws).
Playing Time:	Equal – minimum (see handbook) through 3 quarters. (General Rules of Play – B – 4b)
3pt Shot:	No

GENERAL LEAGUE RULES ON REVERSE SIDE



LINCOLN YOUTH BASKETBALL

2025-2026 Division Rules: 3rd & 4th Girls

Updated: 1/9/26

Game Length:	Games will consist of 4, 10-minute quarters 1 minute between each quarter 3-minute halftime
Clock:	Running Clock. Stop clock last 2 minutes of 4 th quarter if game is within 12 points
Timeouts:	2, 30 second timeouts per half, timeouts do not carry over 1 timeout per overtime
Rim Height:	10 Feet
Ball Size:	28.5" Size 6
Free-Throw Line:	12 Feet (From backboard to free-throw line. 3 feet in front of regulation line)
Defense:	Man-to-Man Zone allowed in the 2nd half
Press:	No Press No half-court trapping
Fouls:	Personal & Team Fouls will be kept. Players are allowed 5 Personal Fouls. On the 5 th Personal Foul the player will leave the game. On the 7 th Team Foul of each half, the opposing team will be awarded a one-and-one bonus. On the 10 th Team Foul of each half, the opposing team will be awarded a double bonus (2 Free-Throws).
Playing Time:	Equal – minimum (see handbook) through 3 quarters. (General Rules of Play – B – 4b)
3pt Shot:	No

GENERAL LEAGUE RULES ON REVERSE SIDE



LINCOLN YOUTH BASKETBALL

2025-2025 Division Rules: 5th & 6th Boys

Updated: 1/9/26

Game Length:	Games will consist of 4, 10-minute quarters 1 minute between each quarter 3-minute halftime
Clock:	Running Clock. Stop clock last 2 minutes of 4 th quarter if game is within 12 points
Timeouts:	2, 30 second timeouts per half, timeouts do not carry over 1 timeout per overtime
Rim Height:	10 Feet
Ball Size:	29.5"
Free-Throw Line:	15 Feet (From backboard to free-throw line)
Defense:	Man-to-Man Zone allowed in the 2nd half Size 7
Press:	4th Quarter Only. No press or trapping by a team leading by 12 points or more.
Fouls:	Personal & Team Fouls will be kept. Players are allowed 5 Personal Fouls. On the 5 th Personal Foul the player will leave the game. On the 7 th Team Foul of each half, the opposing team will be awarded a one-and-one bonus. On the 10 th Team Foul of each half, the opposing team will be awarded a double bonus (2 Free-Throws).
Playing Time:	Equal – minimum (see handbook) through 3 quarters. (General Rules of Play – B – 4b)
3pt Shot:	Yes

GENERAL LEAGUE RULES ON REVERSE SIDE



LINCOLN YOUTH BASKETBALL

2025-2026 Division Rules: 5th & 6th Girls

Updated: 11/9/26

Game Length:	Games will consist of 4, 10-minute quarters 1 minute between each quarter 3-minute halftime
Clock:	Running Clock. Stop clock last 2 minutes of 4 th quarter if game is within 12 points
Timeouts:	2, 30 second timeouts per half, timeouts do not carry over 1 timeout per overtime
Rim Height:	10 Feet
Ball Size:	28.5" Size 6
Free-Throw Line:	15 Feet (From backboard to free-throw line)
Defense:	Man-to-Man Zone allowed in the 2nd half
Press:	4th Quarter Only. No press or trapping by a team leading by 12 points or more.
Fouls:	Personal & Team Fouls will be kept. Players are allowed 5 Personal Fouls. On the 5 th Personal Foul the player will leave the game. On the 7 th Team Foul of each half, the opposing team will be awarded a one-and-one bonus. On the 10 th Team Foul of each half, the opposing team will be awarded a double bonus (2 Free-Throws).
Playing Time:	Equal – minimum (see handbook) through 3 quarters. (General Rules of Play – B – 4b)
3pt Shot:	Yes

GENERAL LEAGUE RULES ON REVERSE SIDE



LINCOLN YOUTH BASKETBALL

2025-2026 Division Rules: 7th & 8th

Updated: 11/9/26

Game Length:	Games will consist of 4, 10-minute quarters 1 minute between each quarter 3-minute halftime
Clock:	Running Clock. Stop clock last 2 minutes of 4 th quarter if game is within 12 points
Timeouts:	2, 30 second timeouts per half, timeouts do not carry over 1 timeout per overtime
Rim Height:	10 Feet
Ball Size:	29.5" / 28.5" Size 7 – Boys / Size 6 - Girls
Free-Throw Line:	15 Feet (From backboard to free-throw line)
Defense:	Man-to-Man Zone allowed in the 2nd half
Press:	2nd Half Only. No press or trapping by a team leading by 12 points or more. Girls: 4 th Quarter ONLY
Fouls:	Personal & Team Fouls will be kept. Players are allowed 5 Personal Fouls. On the 5 th Personal Foul the player will leave the game. On the 7 th Team Foul of each half, the opposing team will be awarded a one-and-one bonus. On the 10 th Team Foul of each half, the opposing team will be awarded a double bonus (2 Free-Throws). Technical Foul will result in 1 Free Throw and possession.
Playing Time:	Equal – minimum (see handbook) through 3 quarters. (General Rules of Play – B – 4b)
3pt Shot:	Yes

GENERAL LEAGUE RULES ON REVERSE SIDE

