

## **2025 - 2026 PYBL Game Rules**

1. Clock Rules
  - a. 7<sup>th</sup>/8<sup>th</sup> grade games will be 14-minute halves, with a stopped clock.
  - b. 3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup>/6<sup>th</sup> grade games will be 12-minute halves, with a stopped clock.
  - c. 5-minute warm-up period with a 2-minute halftime for all games. The 5-minute warm-up period is subject to change at the discretion of the site director if an adjustment is needed to keep games on time.
  - d. Clock will become a running clock if a team is up by 20 points at any point (15 Points at RIZE) in the game. The clock will return to normal if the lead gets within 15 points.
  - e. Each team will get a total of (3) 45 second timeouts per game. 1 additional timeout is awarded per team in OT.
  - f. Overtime will follow Sudden Death Rules:
    - i. 3<sup>rd</sup>/4<sup>th</sup> grade will be Sudden Death – the first team to score at least 2 points will be declared the winner.
    - ii. 5<sup>th</sup>/6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> grade will be Sudden Death – the first team to score at least 3 points will be declared the winner.
2. Defense Rules
  - a. 5<sup>th</sup>/6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Grade – Press Defense is permitted the whole game. Press Defense is not permitted if a team is in the running clock scenario.
  - b. 3<sup>rd</sup>/4<sup>th</sup> Grade – Press Defense is only permitted in the last two minutes of the second half/OT. Press Defense is not permitted if a team is in the running clock scenario.
  - c. Man-to-man defense is required in the half court. Press defense is only allowable in the full court if it drops back into man-to-man defense once the opposing team breaks the press.
    - i. 7<sup>th</sup> & 8<sup>th</sup> Grade: All defensive schemes are permitted (man-to-man or zone)
  - d. 1 and 1 begins on the 7th team foul of the half. Double Bonus begins on the 10<sup>th</sup> team foul of the half.
  - e. Players are allotted 5 personal fouls before fouling out.
3. The team listed on the schedule as "home" is the home team and will wear white / light.
4. 3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup> grade Boys & ALL Girls will use a 28.5 size ball. 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> grade Boys will use a 29.5 size ball. Ball size can be changed to 29.5 for 5th grade Boys only if both coaches agree to it prior to the start of the game.
5. 3<sup>rd</sup>/4<sup>th</sup> grade players will be allowed to jump over the free throw line on a foul shot. 5th/6th/7th/8th grade players will not be allowed to jump over the free throw line.
6. A technical foul by a player will result in the player needing to be subbed out of the game. The player can return to the game upon determination from the coach. Two technical fouls will result in a player being ejected from the game. A technical foul by a coach will result in the coach needing to sit down on the bench for the remainder of the game. Two technical fouls will result in the coach being ejected from the game.