

Griswold Youth Rec Basketball Rules and Guidelines 2025

	Coaching Style/Mods	Score	Mercy	Basket Height	Ball Size	Clock	Sub	Defense	Fast Break Change of Possession	Pressure	Time Outs	Overtime
Girls 1-3	4 v 4 HEAD COACH ON COURT	No	N/A	8 Feet	27.5"	8-Minutes Running Clock (Stop for subs at 4:00)	Equal playing time, every 4 minutes.	Matchup zone, half court only (elbows and blocks) but with emphasis on guarding the person in your area, not just staying in one spot	No Fast Break Require an outlet pass/walk it up to allow defense time to set up.	No	(2) 60-Second Time Outs per Game	NONE
Boys 1-2	4 v 4 HEAD COACH ON COURT	No	N/A	8 Feet	27.5"	8-Minutes Running Clock (Stop for subs at 4:00)	Equal playing time, every 4 minutes.	Matchup zone, half court only (elbows and blocks) but with emphasis on guarding the person in your area, not just staying in one spot	No Fast Break Require an outlet pass/walk it up to allow defense time to set up.	No	(2) 60-Second Time Outs per Game	4-Minutes No Double Overtime due to Time Constraints
Boys 3-4	5 v 5 HEAD COACH ON COURT	Yes	10 Point Lead Limit	9 Feet (coaches can revise if 10 feet seems attainable)	28.5"	8-Minutes Running Clock (Stop for subs at 4:00)	Equal playing time, every 4 minutes.	Half-court zone defense only to start the year but can revise if coaches feel man-defense would be appropriate	No Break Walk it up, once defense is back and set offense can speed it up.	No Press	(3) 60-Second Time Outs per Game	4-Minutes No Double Overtime due to Time Constraints
Boys 5-6	Play like a normal Middle School game.	Yes	No, but when a game is out of hand coaches are expected to modify and adjust game plan accordingly	10 Feet	29.5"	8-Minutes Running Clock (Stop for subs at 4:00)	Equal playing time, every 4 minutes.	All defense is allowed. Teaching Man and Zone concepts is encouraged.	Yes	Press allowed, coaches should use in moderation, not as a full-time defense.	(3) 60-Second Time Outs per Game	4-Minutes No Double Overtime due to Time Constraints
Girls 4-6+	5 v 5 HEAD COACH ON COURT	Yes	10 Point Lead Limit If Up by 10+, Remove 7th+ Grade Players	9 Feet (coaches can revise if 10 feet seems attainable)	28.5"	8-Minutes Running Clock (Stop for subs at 4:00)	Equal playing time, every 4 minutes.	All half-court defense is allowed. It is encouraged to teach both man and zone concepts.	Yes	Full-court press only in the final 2-minutes of the 4th Quarter if the team is trailing.	(3) 60-Second Time Outs per Game	4-Minutes No Double Overtime due to Time Constraints
Boys 7-9	Play like a normal Middle School game.	Yes	No, but when a game is out of hand coaches are expected to modify and adjust game plan accordingly	10 Feet	29.5"	8-Minutes Running Clock (Stop for subs at 4:00)	Equal playing time, every 4 minutes.	All defense is allowed. Teaching Man and Zone concepts is encouraged.	Yes	Press allowed, coaches should use in moderation, not as a full-time defense.	(3) 60-Second Time Outs per Game	4-Minutes No Double Overtime due to Time Constraints