



League Rules

PreK-K Division (4-6 year olds)

Uniform	Iron Courts League reversible jersey
Ball Size	27.5 (Size 5)
Rim Height	8ft
Game Length	8 min quarters. Running clock.
Timeouts	Three (3) :30 second timeouts for the entirety of regulation.
Fouls	Individual player fouls are not recorded. For all shooting fouls, the fouled team receives 1 pt and the ball at halfcourt. No 3-second lane violations.
Defense	<ul style="list-style-type: none">• 4 on 4• Only man-to-man defense allowed.• Can only steal the pass, no on ball steals off the dribble. If the ball is stolen from the offensive player off the dribble, the ball is returned to that player outside the lane.
Technical Fouls	Automatic 2 pts plus ball.
Coaches	3 coaches per team are allowed on the bench. One (1) coach from each team can walk the court with the players to help teach and encourage. Only the coach on the court may address the referee.
Overtime	1st overtime: 2 minutes. If there is no winner, the game ends in a tie. 1 timeout per team in 1st overtime. Timeouts do not carry over from regulation.
Referees	Referees at this level are there to encourage and support the development of the players in order to teach the rules of the game. Referees (along with the coaches) are encouraged to teach the athletes the rules of the game while making calls so the athletes begin to understand basic basketball concepts and fundamentals. Traveling and double-dribbling is rarely called, but the referee may halt a player to teach.
Playing Time	It is the responsibility of the coach to try their best to have all players play an equal amount of time throughout the game.
Reminders	<ul style="list-style-type: none">• Goal is for every team to compete, get better, grow the game of basketball, and learn the valuable skills of character and sportsmanship.• Teams that are way ahead in score are expected to work on different areas to improve instead of trying to continue to run up the score.• Players, coaches, parents, and spectators not demonstrating sportsmanship will be removed from the game and/or league.• Coaches, players, and spectators are not permitted to yell or berate officials at any time. Expectation is to cheer for their team. Let the coaches do their jobs and address the officials as required.



League Rules

1/2nd Grade Division (6-8 year olds)

Uniform	Rec League: Iron Courts League reversible jersey
Ball Size	27.5 (Size 5)
Rim Height	9ft
Game Length	18 min halves. Running clock. Clock stops during the last minute of each half.
Timeouts	Three (3) :30 second timeouts for the entirety of regulation.
Fouls	6 personal fouls. Free throws only for shooting fouls. No 3-second lane violations.
Free Throws	Foul shots taken from 13'6" (first hash from free throw line)
Referees / Violations	Club teams will have all travels and double dribbles called. Rec teams will build up to all violations called by end of season.
Defense	<ul style="list-style-type: none">• 5 on 5• Only halfcourt man-to-man defense is allowed.• Can only steal the pass, no on ball steals off the dribble. If the ball is stolen from the offensive player off the dribble, the ball is returned to that player/team out of bounds.** (See Below for Exceptions) <p>1st and 2nd violation: Warning. 3rd offense: Warning or technical foul at referee's discretion. Repeated offenses: Referee's discretion. Speak with the league director and possible removal from league play.</p>
Technical Fouls	Automatic 2 pts plus ball.
Coaches	3 coaches per team are allowed on the bench. Only 1 coach can stand on the sidelines and address the referees.
Overtime	1st overtime: 2 minutes. If there is no winner, the game ends in a tie. 1 timeout per team in 1st overtime. Timeouts do not carry over from regulation.
Reminders	<ul style="list-style-type: none">• Goal is for every team to compete, get better, grow the game of basketball, and learn the valuable skills of character and sportsmanship.• Teams that are way ahead in score are expected to work on different areas to improve instead of trying to continue to run up the score.• Players, coaches, parents, and spectators not demonstrating sportsmanship will be removed from the game and/or league.• Coaches, players, and spectators are not permitted to yell or berate officials at any time. Expectation is to cheer for their team. Let the coaches do their jobs and address the officials as required.

****Note:** For advanced 1st/2nd Grade Club teams - Steals off dribble and 10ft hoops are an option if both coaches agree and approval from tournament or site director for that particular game.



League Rules

3rd/4th Grade Division (8-11 year olds)

Uniform	Rec League: Iron Courts League reversible jersey
Ball Size	28.5 (Size 6)
Rim Height	10 feet
Game Length	18 min halves. Running clock. Clock stops during the last minute of each half.
Timeouts	Three (3) :30 second timeouts for the entirety of regulation.
Fouls	6 personal fouls. 2 shot bonus at 10 team fouls.
Defense	<p>For Individual Rec League:</p> <ul style="list-style-type: none">• Man-to-man defense only. No double-teams, but help-side defense is encouraged and will be up to referee judgment.• Man-to-man full court press allowed last 2 mins of game. No double-teams.• 15+ point margin - no press• 30 point margin - points aren't added to scoreboard <p>For Competitive League:</p> <ul style="list-style-type: none">• Any defense allowed. Scoring margin rules still apply.• 15+ point margin - no press• 30 point margin - points aren't added to scoreboard <p>1st and 2nd violation: Warning. 3rd offense: Warning or technical foul at referee's discretion. Repeated offenses: Referee's discretion. Speak with the league director and possible removal from league play.</p>
Technical Fouls	Automatic 2 pts plus ball.
Coaches	3 coaches per team are allowed on the bench. Only 1 coach can stand on the sidelines and address the referees.
Overtime	1st overtime: 2 minutes. 2nd overtime: Sudden victory - First point/score wins. 1 timeout per team in 1st overtime. No timeouts for 2nd overtime. Timeouts do not carry over from regulation.
Reminders	<ul style="list-style-type: none">• Goal is for every team to compete, get better, grow the game of basketball, and learn the valuable skills of character and sportsmanship.• Teams that are way ahead in score are expected to work on different areas to improve instead of trying to continue to run up the score.• Players, coaches, parents, and spectators not demonstrating sportsmanship will be removed from the game and/or league.• Coaches, players, and spectators are not permitted to yell or berate officials at any time. Expectation is to cheer for their team. Let the coaches do their jobs and address the officials as required.



IRON COURTS

TRAIN. RECOVER. PERFORM.

League Rules

5th/6th Grade Division (10-13 year olds)

7th/8th Grade Division (12-15 year olds)

Uniform	Rec League: Iron Courts League reversible jersey
Ball Size	5th/6th Grade Division: 28.5 (Size 6) 7th/8th Grade Division: 29.5 (Size 7)
Rim Height	10 feet
Game Length	18 min halves. Running clock. Clock stops during the last minute of each half.
Timeouts	Three (3) :30 second timeouts for the entirety of regulation.
Fouls	6 personal fouls. 2 shot bonus at 10 team fouls.
Defense	<ul style="list-style-type: none">• Any defense allowed.• 15+ point margin - no press• 30 point margin - points aren't added to scoreboard <p>1st and 2nd violation: Warning. 3rd offense: Warning or technical foul at referee's discretion. Repeated offenses: Referee's discretion. Speak with league director and possible removal from league play.</p>
Technical Fouls	Automatic 2 pts plus ball.
Coaches	3 coaches per team are allowed on the bench. Only 1 coach can stand on the sidelines and address the referees.
Overtime	1st overtime: 2 minutes. 2nd overtime: Sudden victory - First point/score wins. 1 timeout per team in 1st overtime. No timeouts for 2nd overtime. Timeouts do not carry over from regulation.
Reminders	<ul style="list-style-type: none">• Goal is for every team to compete, get better, grow the game of basketball, and learn the valuable skills of character and sportsmanship.• Teams that are way ahead in score are expected to work on different areas to improve instead of trying to continue to run up the score.• Players, coaches, parents, and spectators not demonstrating sportsmanship will be removed from the game and/or league.• Coaches, players, and spectators are not permitted to yell or berate officials at any time. Expectation is to cheer for their team. Let the coaches do their jobs and address the officials as required.