

City of Charlottesville Youth Basketball League Rules

Boys Division	3rd & 4th Grade	5th & 6th Grade	7th & 8th Grade
Ball/Basket	28.5"/Regulation (10 feet)	29.5"/Regulation (10 feet)	
Length of Game	(4) - 8 min Quarters	(4) - 8 min Quarters	
Substitutions	4-min mark each quarter	4-min mark each quarter in the 1st half (Free substitutions beginning in the 2nd half)	
Running Clock	Clock will run except on shooting fouls, injuries, and time outs. Stop clock (VHSL Rules) in last two minutes of 1st half and 2nd half and through any overtime periods for all stoppage of play.		
Overtime	No Overtime-Game ends in tie	1 Overtime period of 2 min. started by a jump ball. If tied after the overtime period, game will end in a tie.	
Free Throw Line	Abbreviated/choice	Regulation	
3-Point Basket	Yes		
Man-to-Man Defense	Required: No double teams outside of the 3-point perimeter; Help defense is permitted		
Full Court Press	No	Only permitted in 4th quarter. Teams up 10 or more cannot press.	
Time-Outs	2 per half. Timeouts do not carry over from 1st half to 2nd half or from regulation to OT; 1 timeout per OT period		
Foul Outs	On 5th Foul		

Girls Division	3rd & 4th Grade	5th - 7th Grade
Ball/Basket	28.5"/Regulation (10 feet)	28.5"/Regulation (10 feet)
Length of Game	(4) - 8 min Quarters	(4) - 8 min Quarters
Substitutions	4-min mark each quarter	4-min mark each quarter in the 1st half (Free substitutions beginning in the 2nd half)
Running Clock	Clock will run except on shooting fouls, injuries, and time outs. Stop clock (VHSL Rules) in last two minutes of 1st half and 2nd half and through any overtime periods for all stoppage of play.	
Overtime	No Overtime-Game ends in tie	1 Overtime period of 2 min. started by a jump ball. If tied after the overtime period, game will end in a tie.
Free Throw Line	Abbreviated/choice	Regulation
3-Point Basket	Yes	
Man-to-Man Defense	Required-No double teams outside of the perimeter; Help defense is permitted	
Full Court Press	No	Only permitted in 4th quarter. Teams up 10 or more cannot press.
Time-Outs	2 per half. Timeouts do not carry over from 1st half to 2nd half or from regulation to OT; 1 timeout per OT period	
Foul Outs	On 5th Foul	