

Trojan League Rules 2025-2026

(Revised 12/2025)

All rules not specifically listed below shall follow the **National Federation of State High School Athletic Associations (NFHS)** basketball rules.

Final rule interpretations will be made in this order:

1. League Commissioner
 2. Board Member
 3. Referee
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Coaching Etiquette

The Trojan League is a recreational league. Coaches are expected to keep the league fun for all players, regardless of ability. Playing time rules must be followed.

Coaches set the tone for players and parents. Players will copy what they see. Overreacting, yelling at referees, or poor sportsmanship will not be tolerated.

Coach Technical Fouls

- Any coach receiving a technical foul must **sit on the bench for the rest of the game** and may not talk to the referees for the rest of the game.
- If the coach does talk to the referees again after that technical, it will result in a **second technical and ejection**.
- The coach may stand during timeouts to address the team, but must sit when play resumes.
- **Two technical fouls in one game** = immediate ejection and **suspension for the next game**.
- An ejected coach must leave the gym.

Bench & Communication

- Only the **head coach** may approach or talk to an official during the game.
- Only **two (2) coaches** are allowed on the bench during games.
- Exceptions (student coaches, players who need special attention, etc.) must be approved by the grade directors or league officials.

Student Coaches

- Student coaches must be listed as assistant coaches.
 - An adult head coach (preferably a parent) must be on the bench to supervise.
 - No more than 2 student coaches are allowed on the bench.
 - One student coach will be viewed as the “head coach” and must follow all rules set for head coaches. The other (if any) will follow assistant coach rules.
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Player Etiquette

- All players must tuck in their jerseys to start the game and will be reminded as needed.
- No jewelry of any kind is allowed (earrings, necklaces, bracelets, rings, pins, watches, etc.). This is for player safety.
- Religious jewelry or headwear may be allowed if taped/covered and approved ahead of time by league officials.
- Colored wristbands are allowed in 1st–2nd grade only for defensive matching. All other wristbands are prohibited in those grades to prevent confusion.
- Headwear: Sweatbands are allowed. No hats, bandanas, or non-essential headwear. Religious headwear (hijabs, turbans, yarmulkes) is allowed if secure and safe and approved beforehand.

Player Technical Fouls

- Any player receiving a technical foul will **sit for the remainder of that playing period**.
- The league director may decide the player must sit for the remainder of the game.
- Any player receiving **two technical fouls in the season** will be ejected from the current game and **suspended for one additional game**.
- Any player receiving **three or more technical fouls** in a season may be suspended for the remainder of the season at the discretion of the league directors.

Foul Language

- **1st offense:** Player sits the remainder of the playing period AND one additional playing period.
 - If the 1st offense happens in the **last playing period** of a game, the player sits the rest of that game only.
 - **2nd offense:** Player sits the rest of the current game AND must sit one playing period in the next game.
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Practice & Gameplay Expectations

- Players and coaches should arrive a few minutes early so that practice or games can start on time.
- If there is another practice or game on the court, please wait quietly and respectfully.
- **Elementary schools:** Doors will remain locked until **6:00 PM** because afterschool programs have the building until then.
- **Do NOT prop open school doors.** This triggers security alerts for the school.
- **Kids of any kind are not permitted to roam the schools' hallways without supervision during games or practices.**

Minimum Players / Forfeit

- Five (5) players must start the game.
- Less than five (5) players may finish.
- A **10-minute grace period** will be allowed before the game is forfeited due to a lack of players. The score table will time this.

Bench Locations

- When facing the benches, the **Home** team is on the **right**; the **Visitors** are on the **left**.
- Some gyms have benches pre-marked (for example, CGMSN West). In those cases, benches may be swapped as needed.
- Pre-game warm-ups will take place on the goal opposite the bench location.

Equipment

Ball Size

- **1st–6th Grade:** Intermediate (28.5) basketball.
- **7th–8th Grade:** Full Size (29.5) basketball.

Goal Height

- **1st Grade:** 8-foot rim (to encourage proper shooting form)
 - **2nd Grade:** 9-foot rim
 - **3rd–8th Grade:** 10-foot rim
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Game Length & Clock

1st–2nd Grade

- Four (4) eight (8) minute quarters.
- Two (2) minute halftime.
- One (1) minute between quarters.
- Running clock, stopped for shooting fouls and time-outs.
- Clock stops on all dead balls in the **last 10 seconds** of the first 3 quarters and the **last 2 minutes** of the 4th quarter.
- Substitutions will occur as close as possible to the mid-point of each quarter (this does not require a dead ball).
- **No overtime** in the regular season.

3rd Grade

- Four (4) six (6) minute quarters.
- Two (2) minute halftime.
- One (1) minute between quarters.
- Substitutions will be made at the mid-point of each quarter (stopped as close as possible to that time).
- Overtime periods will be two (2) minutes.

4th–6th Grade

- Two (2) twenty (20) minute halves with running clock.
- Clock will stop on dead balls for last 2 minutes of the 2nd half only.
- Three (3) minute halftime.
- Substitutions will be made at the 5, 10, and 15 minute mark of each half.
- Players coming in should report to the scorer's table approximately 20-30 seconds before the 5 minute mark.
- Play will be stopped as close as possible to these times (does not require dead ball).
- Overtime periods will be two (2) minutes. (Running clock until last 30 seconds)

7th–8th Grade

- Two (2) twenty (20) minute halves with running clock.
- Clock will stop in dead balls for last 2 minutes of the 2nd half only.
- Three (3) minute halftime.
- **Substitutions on dead balls only.**
- Overtime periods will be two (2) minutes. (Running clock until last 30 seconds)

Clock Management / Staying on Schedule

Because of limited gym availability and referee schedules, directors may change timing rules to keep games on time. This may include no warmups, shorter halftimes, running clocks, or ending games in ties. Please be considerate of all teams.

Timeouts

- **1st Grade:** No timeouts.
 - **2nd Grade:** 1 timeout per half (1 minute). Unused timeouts do not carry over to the second half.
 - **3rd–8th Grade:** 2 timeouts per game (1 minute each). 1 additional timeout for each overtime.
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Scoring Limits

Grade	Max Points (Reg.)	Overtime Bonus
1st	12	None
2nd	12	None
3rd–4th	15	+4 total
5th–8th	18	+4 total

When a player reaches the scoring limit, that player **must remain in the game** (for playing-time purposes) but may not score again.

- If a player who is “maxed” is fouled, the coach will designate another player on the floor to shoot the free throws.
 - If a player scores after their max, the basket will be disallowed and the team will lose possession.
 - **Exception:** If a player scores a basket that makes them reach or exceed the max *and* they are fouled on that play, the basket counts and they may shoot the free throw.
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Playing Time & Substitutions

IMPORTANT: When play is stopped for substitutions in 1st–6th grade, this is **not** a timeout. Coaches must have players ready. Excessive delay, coaching players while sitting, or slow substitutions may result in a technical foul on the coach. We must keep games moving.

General Notes (All Grades)

- Any disciplinary action that limits a player's playing time (missed practices, behavior, etc.) must be approved by the grade directors and communicated to the scorer's table and opposing coach **before** the game.
- Late-arriving players are not eligible to play until the end of the current subbing period.
- If a player arrives before the start of the second half, they must still meet the minimum playing time for their division.
- An injured/sick player who cannot continue is exempt from the subbing rule.
- If an injured/sick player re-enters and must leave again for the same issue, they are not eligible to continue that game.
- Any eligible player on the bench may enter the game for an injured/sick player or a player fouling out, regardless of skill level.

1st–3rd Grade Playing Time

- A “half-quarter” is half the time of a full period between substitution breaks.
- **No player may sit out two (2) consecutive half-quarters** unless due to injury, illness, or arriving late.
- **No player may enter the game for a second half-quarter until all eligible players have entered the game for one (1) half-quarter.**
- This is to ensure that all players play and that coaches cannot “hide” players.

4th–5th Grade Playing Time

- No player may sit out two (2) consecutive 5-minute playing periods, unless due to injury, illness, or arriving late.
- Players may sit back-to-back only during the 5–15 minute marks of the halves, and only **one time per game**.
- If a player sits out back-to-back playing periods in the first half, they may **not** sit back-to-back in the second half.
- No player may sit out three (3) consecutive playing periods.
- Coaches must provide a **printed substitution pattern** to the league director, game officials, and opposing coach.
- If a player arrives before the start of the second half, he must play at least **five (5) minutes** of play.

Example 1: If a coach chooses to sit a player for the 5–10 minute mark of playing time, that player may sit for the 10–15 minute mark or the 15–20 minute mark of the half, but **not all 10 minutes**.

Example 2: If a coach chooses to sit a player for the 1st half 10–15 minute mark and the 1st half 15–20 minute mark, that player **cannot** sit during the 1st 5 minutes of the 2nd half.

6th–8th Grade Playing Time (Running Clock, 20-Minute Halves)

To prepare players for middle school and high school, we allow coaches to reward effort, attendance, and attitude — but this is still a rec league and everyone plays.

- **Every player must accumulate a minimum of five (5) minutes of playing time per half** in each game, barring injury, illness, or disciplinary reasons communicated to the Grade Director before the game.
- **No player may sit out the entire first 10 minutes or the entire last 10 minutes** of the game.
- Coaches are encouraged to give additional minutes to players who show good effort, attitude, attendance, and understanding of the game.
- Players will **not** line up against who they are guarding when subbing in.
- A substitution template will be available for coaches. It is not required but will make lineups easier.
- **Lineups must be presented to the scorer's table before each game.**

Overtime Substitutions

Coaches may play any eligible players during overtime. This does not include players that have fouled out or left the game for injury/illness. There will be no substitutions during overtime except for injury or a player fouling out.

Offense

- Coaches should run offenses that involve all players.
- The “spread” or “4-corner” offense **with the intention of isolating a player or keeping players away from the basket** is illegal.
- **Penalty:** 1st violation → warning. 2nd violation → two (2) shot technical and loss of ball.
- Spreading the floor to start an offense is okay if it leads to movement and normal play.
- The five (5) second closely guarded rule is in effect.

1st–2nd Grade Special Offense Rule

It is expected that **every player on the team will bring the ball up the court at least once per half.**

Defense

1st–2nd Grade

- No defense in the backcourt. After a change of possession, defense must retreat beyond the 10-second line.
- **Only man-to-man** defense is allowed. No zone. No triple teams.
- **No steals off the dribble** — only passes and loose balls may be stolen.
- A player may not jump to block a shot, but may stand with hands extended.
- Weak side help is allowed but defenders must stay within about 2 feet of their man unless helping.

3rd–8th Grade

- After a change of possession, defense must retreat beyond the 10-second line unless one of the defense exceptions (below) applies.
- **Man-to-man only.** Zone defenses and triple-team defenses are not allowed during regular play.
- Double-teaming is NOT allowed outside the 3-point arc. On picks, fast breaks, or help situations, referees may allow time to recover.
- To begin each playing period, a free in will be allowed.

Defense Exceptions

Pressing / trapping / zones are allowed in the following time windows:

- **3rd Grade: (Pressing Only - Still Man to Man)** Last 2 minutes of the 2nd half and all overtime.
- **4th–5th Grade:** Last 5 minutes of the 2nd half and all overtime.
- **6th–8th Grade:** Last 10 minutes of the 2nd half and all overtime.

Full court press, trapping or Zone defenses are NOT allowed when a team leads by 10 points or more. If the lead goes back under 10, they may resume.

Delay of Game

- Defensive tactics in excess of those stated will not be permitted.
- If the defense does not retreat beyond the 10 second line and stops a fast break, a delay of game will be called.
- First delay → warning.
- Second delay → team technical foul (2 free throws + possession). Team technical fouls also count as common fouls.

Free Throws

- 1st - 3rd Grade: Foul shots will be granted on the 5th common foul of each quarter. Two penalty shots will be awarded.
- 1st - 3rd Grade: Foul Shots can be taken closer to the basket (8-12').

- 1st - 3rd Grade: A player may step over the line on the follow-through but may not run in until the ball hits the rim.
- 4th - 8th Grade: Foul shots (1 and 1) will be granted on the 7th common foul of each half and two fouls shots will be awarded on the 10th common foul of each half.
- 4th - 8th Grade: Foul shots will be taken from the 15' line.