

**2026 RYB Game Rules – 6<sup>th</sup>/7<sup>th</sup> Grades** (Jan 5, 2026)

**Except as modified below, current rules of the PA Interscholastic Athletic Association (PIAA, [piaa.gov](http://piaa.gov)) apply.**

Rule disputes will be resolved by the Referees after consultation with the coaches. The Referees' ultimate decisions on points, fouls, and violations are final. Game protests will not be permitted.

If there is no game manager for a game, teams will need to recruit one coach or adult to serve as scorekeeper (to run the scoreboard) – contact League Registrar about game managers (for most games at Sulpizio and RMS).

**ZERO TOLERANCE POLICY – ALL DIVISIONS - ALL GRADES**

- All players, coaches, volunteers, referees, or spectators must abide by all policies, rules, and behavior requirements of the league.
  - Any player, coach, volunteer, referee, or spectator can be ejected by a ref or be suspended or refused further participation in league activities due to any unacceptable behavior, actions, communications, complaints, threats, reports of illegal or inappropriate activities, etc. at the sole discretion and decision of the officers of the league.
  - Adult coaches/supervisors are responsible to report unsupervised minors in/near the gym during a team's gym use. Call school security or Bonnie Cotter if no responsible adult is supervising minors - referees are not responsible for the actions of unsupervised minors.
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**Game Rules - 6<sup>th</sup> and 7<sup>th</sup> Grades**

1. **Ball size** – all Girls and Boys grade 6<sup>th</sup> - 28.5" – size 6 (20 oz.); Boys grade 7<sup>th</sup> - 29.5" – size 7 (22 oz.)
2. **Basket height** – 10 feet
3. **Scoreboard** – A **Game Manager** may be assigned to run the scoreboard. Otherwise, a team should find someone to run the scoreboard. A **Scorekeeper** for one team should also sit at the scorer's table.
4. **Scorekeeper** – Each team's scorekeeper should sit at the scorer's table or close by, record the scores during the game, keep track of player and team fouls and inform coaches accordingly.
5. **Scoring** - 3-point line is in effect on courts where there is a 3-point line
6. **Game Time**
  - a. **Running Clock - 4 quarters** – 10 minutes each, 1 minute between quarters. Clock stops on any whistle in **last two mins of both 2nd and 4th quarters** (1<sup>st</sup> and 2<sup>nd</sup> half) of game, **3 min halftime**. **Overtime – 5 min** period - running clock except clock stops during the last minute in overtime.
  - b. Referee will allow a 3 to 5 minute warmup period unless games are delayed more than 10 mins.
  - c. Warmup starts BEFORE designated game time, unless previous game ended late.
  - d. Game clock starts no later than 1 minute after 3 to 5 minute warmup period.
  - e. Each team needs 5 players on the court before play can begin – If clock runs for 10 minutes without play beginning, the team with less than 5 players will forfeit. (Once a game starts, the game can continue without 5 players per team on the court - When there is only one player for a team, the game is a forfeit, unless the ref believes it is possible to win the game.)
  - f. **Time-outs** (clock stops) – 3 time-outs per game - 30 seconds each (no carryover in overtime)
  - g. **Overtime** – ref may limit OT to 3 or 4 mins or ref may cancel OT, if games are running very late and if allowing OT play will cause a significant back up for the remaining games of the day.

- i. **1 overtime period** (playoffs – sudden death after OT) – starts 1 min after time expires.
- ii. Any 5 team players (except if fouled out) can play in the overtime period.
- iii. No Overtime Subs - None except for ejections, injuries or fouling out.
- iv. **1 time-out per team in overtime (30 seconds)** – no carryover of timeouts.
- v. Overtime period starts with jump ball – teams defend same baskets as 2<sup>nd</sup> half.
- vi. Team Fouls for Bonus foul shots in overtime – carries over from 4<sup>th</sup> quarter.

**7. Substitutions** (Refs may remind coaches of guidelines; report violations to Division Commissioners.)

- a. Substitutions *<league guidelines>* – Refs whistles for subs half-way through each quarter (approx. 5 mins) of game time – 4 rotations per half – See Player Rotation Grid on website.
  - b. Substitutions should be ready prior to the 5 minute marks - subs enter when ref allows.
  - c. Substitutions for an injured player, a player who fouls out or is ejected can occur at any time. An injured player may re-enter the game after their injuries are attended to.
  - d. **Running Clock** doesn't stop for subs. Clock runs unless a time-out is called.
  - e. If Subs are taking too long (15 secs), the ref may charge a team a time-out for delay of game.
  - f. Refs are not responsible for enforcing substitution guidelines.
  - g. All players (up to 5) out of the game for 5 consecutive minutes **MUST** sub in at the 5 min marks in each half, except for injury/other issues. A coach who clearly violates this rule may be suspended for the next game if warranted.
  - h. Players arriving late or leaving early – NO make-up missed playing time for making subs.
  - i. *<common courtesy>* The same players should not start and/or finish every game.
  - j. *<common courtesy>* Coaches - Please make sure that playing time is divided up as evenly as possible among the players on your team. No players should repeatedly play more time than other players on the team who regularly attend games and practices.
  - k. **Special Substitutions** - A team with only 1, 2 or 3 subs on the sidelines can substitute more frequently for any player who has been in the game for more than one consecutive rotation. These substitutions should be done in rotation or other methods to distribute sideline time more evenly. (Players should stay on the bench/sideline for minimum of 2 mins, if possible).
  - l. If a team has 6 to 10 players at a game:
    - i. No player sits out for consecutive rotations (5 mins per rotation) in a quarter
    - ii. A player sitting out at end of 1<sup>st</sup> half may also sit out the start of the 2<sup>nd</sup> half
    - iii. 10 players – every player sits out for 4 rotations
    - iv. 9 players – every player sits out at least 3 rotations (Special Sub guidelines apply)
    - v. 8 players – every player sits out at least 3 rotations (Special Sub guidelines apply)
    - vi. 7 players – every player sits out at least 2 rotations (Special Sub guidelines apply)
    - vii. 6 players – every player sits out at least 1 rotation (Special Sub guidelines apply)
  - m. If a team has 11 - 12 players at a game - A player may sit out for consecutive rotations only once.
  - n. Player Health/Behavior Exceptions – A coach may sub for a player with significant health or behavioral concerns. At a break in play, a coach may ask the refs for time to address the concerns and replace the player with a sub if needed. Clock stops; no time out charged.
- 8. Referees** - Two paid referees will be provided. Occasionally there may be only one referee.
- 9. Foul Limit** - 5 personal fouls - player is disqualified (fouls out) on the 5<sup>th</sup> personal foul. Coaches must have a scorekeeper recording and reporting the player fouls.

**10. Foul Shots**

- a. Foul shots (free throws) for shooting fouls (1, 2 or 3 foul shots per normal rules).
- b. No Single Bonus Free Throws - 1 and 1 bonus not permitted.

- c. Double Bonus free throws (2 shots) taken after the opposing team's 10<sup>th</sup> foul in each half.
- d. Clock runs during free throws, except for the last 2 minutes of each half.

#### 11. Technical, Intentional and Flagrant Fouls

- a. A player or coach may be ejected after 2 direct technical fouls or 1 flagrant foul are assessed.
- b. An intentional foul is a personal (direct) or technical foul, but is not the same as a flagrant foul.

#### 12. Defense

- a. Man to man defense is recommended.
- b. Zone defense is allowed, but coaches should avoid only using a zone defense.
- c. **Full Court Press for Boys 7<sup>th</sup>** - Except when a team has a lead of 10 or more points, only **Limited Defense**
- d. Only **Limited Defense** allowed for **Boys 6<sup>th</sup> and Girls 6/7<sup>th</sup>**.
- e. **Limited Defense in Back Court** – Fast Break Defense / Intercept Pass / Loose Ball
  - I. Fast Break Defense - Defense may defend (one on one) only against a running fast break player – but no turnover allowed by ball stealing, trapping, or closely guarding.
  - II. Intercept Pass / Loose Ball - Defense **may** – intercept a pass or grab a loose ball.
  - III. Defense **may not** – trap (2 on 1), steal or closely guard (body block) any opposing player who is standing, holding, or walking (i.e., not running) in the Back Court
- c. Refs will call an illegal defense violation if a team violates the Limited Defense rules.

#### 13. Ejections / Suspensions

- a. Anyone may be ejected from a game for any inappropriate behavior or other violation of RYB's **ZERO TOLERANCE POLICY**. A ref may stop/end a game. No technical foul for spectator actions.
  - b. An adult coach or adult spectator who is ejected must leave the gym location. A player or student coach under 18 who is ejected must remain on the sidelines and be supervised by the team's adult coach/manager/supervisor. However, an ejected spectator or player under 18 may leave the gym if escorted by their parent, guardian or an adult responsible for them.
  - c. Anyone ejected from a game, or who has behaved inappropriately at RYB events, or via social media, or other means, are subject to further action or discipline if warranted.
  - d. Repeated inappropriate behavior must be reported to RYB officers and may result in temporary suspension or permanent expulsion of any person from the league.
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