

Dublin Youth Athletics
2025-2026 Recreational Basketball Rules

The following rules apply to all DYA leagues. Other rules by specific league follow.

Note: Unless specifically addressed below, Ohio High School rules apply. No rule may be changed by anyone other than the DYA Director of Basketball. Rule changes from last season are highlighted.

1. Game time is forfeit time. Four players from each team are required to begin the game. If a team only has four players, 2nd-8th Grade will play 4 vs. 4 and 9th-12th Grade will play 4 vs. 5. Late arrivals on the four-player team may enter the game immediately. Teams with less than four players forfeit the game and coaches will divide all players present and scrimmage.
2. Substitutions are permitted at any time for disqualified, injured, or sick players. Otherwise, players must play the entire segment.
3. Games will consist of four quarters, continuous clock; one minute between quarters. Clock stops on whistles during the last two minutes of the fourth quarter.
4. Three minutes for halftime. Two-minute overtime, continuous clock. Clock stops on whistles during the last 30 seconds of overtime. Sudden death thereafter, with the first team to lead by two points winning. One timeout per team during overtime. No timeouts or substitutions during sudden death.
5. Each team receives two timeouts per half. No carryover of timeouts to the second half or overtime.
6. During overtime and sudden death periods any eligible player may start. Overtime and sudden death periods do not count toward time played.
7. For tournament games only, additional two-minute overtime periods will replace "sudden death" if the score remains tied. One time-out per team per overtime.
8. Bonus free throws (two shots) begin on the fifth team foul per quarter.
9. Three-point shot will not be used unless the floor is properly marked.
10. All players must wear the official DYA green and white reversible jersey during games. All numbers are legal.
11. Only registered players may participate. Violations are subject to forfeit.

Additional Local Rules by Specific League

3rd & 4th Grade Boys & Girls Leagues

1. Coaches are permitted one minute for player matchups before each quarter starts.
2. Each 3rd grade team will have all players present shoot one free throw and one jump shot prior to the start of the game. Each 4th grade team will have all players present shoot one free throw and one layup (not a jump shot) before the game starts. Each free throw made will count one point and each jump shot or layup will count one point toward each team's score to start the game. Teams will attempt the same number of shots regardless of the total number of players present. Should a team have fewer players than an opponent, the coach with fewer players will identify which players to shoot the equivalent number of shots.
3. Games consist of 8-minute quarters.

4. All players must play a minimum of one full quarter each half. No player may play more than one quarter more than the teammate who plays the fewest number of quarters.
5. 3rd grade free throw line is 9 feet. 4th grade free throw line is 12 feet. In leagues where the free throw line is 9 feet, the first pair of rebounders must occupy the lane spaces below the block.
6. Zone defenses are prohibited. Man-to-man defense only. Defensive players will pick up the offensive players once they have passed the top of the key extended. If the offense does not penetrate the top of the key extended, the defense can pursue above the top of the key extended. Defensive players must be within 5 feet of their assigned offensive player once the offensive player penetrates the top of the key extended. No trapping outside of the paint. Defense is permitted to double team the ball in the paint area if defensive players are in the paint. Defense may switch to help screened teammates. No backcourt defense or press defense at any time during the game. No four corner offenses, "clear-out" offenses or any offensive strategies that purposefully prohibit players from participating in the game.
7. Lane violation is 5 seconds.
8. Following time-outs in the last 30 seconds of the game, the clock does not restart until the ball is put into play in the frontcourt.
9. Basket height is 10 feet except 3rd grade girls league which is 8 feet.

5th Grade Boys & Girls Leagues

1. Games consist of 9-minute quarters.
2. All players must play a minimum of one full quarter each half. No player may play more than one quarter more than the teammate who plays the fewest number of quarters.
3. Free throw line is 12 feet.
4. Zone defenses are prohibited. Man-to-man defense only. Defensive players must be within 5 feet of their assigned offensive player once the offensive player penetrates the top of the key extended. No trapping outside of the paint. Defense is permitted to double team the ball in the paint area if defensive players are in the paint. Defense may switch to help screened teammates. No backcourt defense or press defense at any time during the game. No four corner offenses, "clear-out" offenses or any offensive strategies that purposefully prohibit players from participating in the game.
4. Following time-outs in the last 30 seconds of the game, the clock does not restart until the ball is put into play in the frontcourt.

6th-12th Grade Boys & Girls Leagues

1. Games consist of 10-minute quarters. Substitutions are made at the first break in action nearest the 5-minute mark of each quarter. At each break the bench is cleared and all players on the bench enter the game. Each player must sit at least 5 minutes in each half unless there are six or fewer players in attendance. The clock will stop momentarily to allow substitutions and will resume at the discretion of the officials.
2. There are no restrictions on frontcourt or backcourt defense. However, for 6th-8th Grade Girls only, backcourt defense is permitted only during the last 5 minutes of the game. For 6th Grade Boys & 6th-8th Grade Girls only, once a team achieves a 15-point lead, it may no longer apply backcourt defense until the lead is reduced to single digits.
3. In the last two minutes of any game in which one team leads by 20 points or more, the clock will run continuously to the end of regulation.