

Cherokee Youth Basketball 2025-2026 Season (revised 7/31/2025)

League	Goal Height	Ball Size	Foul Line	Lane Violation	3pt. Shot	Full Court Pressing	Back Court Pressure other than Full Court Pressing	Length of Game, Timeouts, Misc. Provisions
1 st -2 nd Grade Boys & Girls	8 FT.	27.5	10 FT. (No Free Throw Violations Unless shooter or player that committed the violation gets the rebound)	10 Seconds	2 pts.	Not allowed	<p>Not Allowed at Anytime</p> <ul style="list-style-type: none"> Defense picks up at <u>3pt. line</u> Offense has 5s to cross 3pt. line and cannot attempt shot until crossing the line (exception: shot taken with 3 seconds or less). No offensive violation after 5 seconds. Defensive Violation results in personal foul against player. Defense can come across 3pt line after 5 second count by referee. The 5 seconds will reset after each Dead Ball. Defense must initially start in legal defensive position following a dead ball (inbounds play). Violation of applying defense prior to the ball being in play will result in a technical foul on the head coach. Each team gets 1 warning per game. 	<ul style="list-style-type: none"> Mandatory 3-minute warmup period prior to each game and at halftime. 1-minute break in between quarters. Games will consist of four 10 minute quarters with a running clock until one minute in the 4th quarter. Clock will stop for injuries and timeouts. The last minute of the game the clock will stop on all dead ball situations. Overtime will be a 1-minute quarter. If the game is tied after the overtime period, then the game will end in a tie. Mandatory substitutions at the 5-minute mark of the 1st, 2nd, and 3rd qtr. Only in the 4th qtr. Teams can sub freely. Game clock will stop on all mandatory subs. Each team will receive five (5) 30- second timeouts. Timeouts will not carry over into overtime. Each team will receive 1 sixty second timeout for the overtime period.
3 rd Grade Boys & Girls	8 FT.	28.5	12 FT.	5 seconds	3 pts.	Not allowed	<p>Not Allowed at Anytime</p> <ul style="list-style-type: none"> Defense can pick up offense at <u>half court</u> line. Defense violation results in personal foul against player(s). Defense must initially start in legal defensive position following a dead ball (inbounds play). Violation of applying defense prior to ball being in play will result in technical foul on the head coach. Each team gets 1 warning per game. 	<ul style="list-style-type: none"> Mandatory 3-minute warmup period prior to each game and at halftime. 1-minute break in between quarters. Games will consist of four 10 minute quarters with a running clock until one minute in the 4th quarter. Clock will stop for injuries and timeouts. The last minute of the game the clock will stop on all dead ball situations. Overtime will be a 1-minute quarter. If the game is tied after the overtime period, then the game will end in a tie. Mandatory substitutions at the 5-minute mark of the 1st, 2nd, and 3rd qtr. Only in the 4th qtr. teams can sub freely. Game clock will stop on all mandatory subs. Each team will receive five (5) 30- second timeouts. Timeouts will not carry over into overtime. Each team will receive 1 sixty second timeout for the overtime period.

AT ANY TIME A TEAM'S LEAD REACHES 40 POINTS THE GAME WILL BE STOPPED.

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4th Grade Boys & Girls	9 FT.	28.5	12 FT.	5 Seconds	3 pts.	Not allowed	<p>Not Allowed at Anytime</p> <ul style="list-style-type: none"> Defense can pick up offense at <u>half court</u> line. Defense violation results in personal foul against player(s). Defense must initially start in legal defensive position following a dead ball (inbounds play). Violation of applying defense prior to ball being in play will result in technical foul on the head coach. Each team gets 1 warning per game. 	<ul style="list-style-type: none"> Mandatory 3-minute warmup period prior to each game and at halftime. 1-minute break in between quarters. Games will consist of four 10 minute quarters with a running clock until one minute in the 4th quarter. Clock will stop for injuries and timeouts. The last minute of the game the clock will stop on all dead ball situations. Overtime will be a 1-minute quarter. If the game is tied after the overtime period, then the game will end in a tie. Mandatory substitutions at the 5-minute mark of the 1st, 2nd, and 3rd qtr. Only in the 4th qtr. teams can sub freely. Game clock will stop on all mandatory subs. Each team will receive five (5) 30-second timeouts. Timeouts will not carry over into overtime. Each team will receive 1 sixty second timeout for the overtime period.
5th- 6th Grade Boys & Girls	10 FT.	28.5	15 FT.	3 Seconds	3 pts.	Allowed	<p>Allowed at any time except for when <u>Mercy Rule</u> is in effect.</p> <p>(Anytime a team reaches a 25pt. lead clock will run for remainder of the game except on injuries and timeouts. No backcourt pressure is allowed by either team for the remainder of the game.)</p>	<ul style="list-style-type: none"> Mandatory 3-minute warmup period prior to each game and at halftime. 1-minute break in between quarters. Games will consist of four 10 minute quarters with a running clock until one minute in the 4th quarter. Clock will stop for injuries and timeouts. The last minute of the game the clock will stop on all dead ball situations. Overtime will be a 1-minute quarter. If the game is tied after the overtime period, then the game will end in a tie. Mandatory substitutions at the 5-minute mark of the 1st, 2nd, and 3rd qtr. Only in the 4th qtr. teams can sub freely. Game clock will stop on all mandatory subs. Each team will receive five (5) 30-second timeouts. Timeouts will not carry over into overtime. Each team will receive 1 sixty second timeout for the overtime period.

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7 th - 12 th Grade Girls	10 FT.	28.5	15 FT.	3 Seconds	3 pts.	Allowed	<p>Allowed at any time except for when <u>Mercy Rule</u> is in effect.</p> <p>(Anytime a team reaches a 25pt. lead clock will run for remainder of the game except on injuries and timeouts. No backcourt pressure is allowed by either team for the remainder of the game.)</p>	<ul style="list-style-type: none"> Mandatory 3-minute warmup period prior to each game and at halftime. 1-minute break in between quarters. Games will consist of four 10 minute quarters with a running clock until one minute in the 4th quarter. Clock will stop for injuries and timeouts. The last minute of the game the clock will stop on all dead ball situations. Overtime will be a 1-minute quarter. If the game is tied after the overtime period, then the game will end in a tie. Mandatory substitutions at the 5-minute mark of the 1st, 2nd, and 3rd qtr. Only in the 4th qtr. teams can sub freely. Game clock will stop on all mandatory subs. **NO MANDATORY SUBS FOR 9TH-12TH DIVISION** Each team will receive five (5) 30- second timeouts. Timeouts will not carry over into overtime. Each team will receive 1 sixty second timeout for the overtime period.
7 th – 12 th Grade Boys	10 FT.	29.5	15 FT.	3 Seconds	3 pts.	Allowed	<p>Allowed at any time except for when <u>Mercy Rule</u> is in effect.</p> <p>(Anytime a team reaches a 25pt. lead clock will run for remainder of the game except on injuries and timeouts. No backcourt pressure is allowed by either team for the remainder of the game.)</p>	<ul style="list-style-type: none"> Mandatory 3-minute warmup period prior to each game and at halftime. 1-minute break in between quarters. Games will consist of four 10 minute quarters with a running clock until one minute in the 4th quarter. Clock will stop for injuries and timeouts. The last minute of the game the clock will stop on all dead ball situations. Overtime will be a 1-minute quarter. If the game is tied after the overtime period, then the game will end in a tie. Mandatory substitutions at the 5-minute mark of the 1st, 2nd, and 3rd qtr. Only in the 4th qtr. teams can sub freely. Game clock will stop on all mandatory subs. **NO MANDATORY SUBS FOR 9TH-12TH DIVISION** Each team will receive five (5) 30- second timeouts. Timeouts will not carry over into overtime. Each team will receive 1 sixty second timeout for the overtime period.

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