

## In The Game Sports Youth Basketball Rules

### A: UNIFORMS

1. Uniforms will be distributed to each registered player.
  - A. Everyone (including head coaches) should wear their uniforms to all games.
2. Players need to wear black shorts with no pockets
3. Athletic/basketball shoes are required. NO black hard-soled shoes are allowed.

### B: BALL SIZE AND BASKET HEIGHTS

1. The size of the ball will be:
  - A. 5-6 Coed .....JUNIOR SIZE (27.5 cm)
  - B. 7-12 Coed ..... INTERMEDIATE SIZE (28.5 cm)
  - D. 7-17 Girls .....INTERMEDIATE SIZE (28.5 cm)
  - C. 13-17 Coed.....Regulation SIZE (29.5 cm)
2. The height of the basket will be set at:
  - A. 5-6 Coed .....8 feet
  - B. 7-17 Coed .....10 feet (regulation)

### C: THE GAME, TIME, AND TIME-OUTS

1. A game will consist of two (2) twenty minute, running clock halves.
  - A. Running clock only stops on time-outs or injury and the **last (1) minute** of the 1<sup>st</sup> and 2<sup>nd</sup> halve.

#### A. Exceptions

The clock will not stop if the score differential is more than twenty (20) points during the last 1 minute of play.

2. Each team will be allotted (2) time out per half.
3. Time outs will be limited to thirty (30) seconds in length.
4. The start of each game, and overtime, will be with a jump ball.
5. Halftime will be (5) minutes.

6. All other jump ball situations will be an alternate possession with the team holding the possession arrow taking the ball out-of-bounds at the spot nearest the situation causing the stoppage in play.

7. Teams will switch baskets after halftime.

8. If there is a tie during a regular season game one OT will be played for **(4) minutes**. If there is still a tie the game will remain a tie. During playoffs there is no limit on OT.

#### **D: PLAYERS AND SUBSTITUTES**

1. Five (5) players constitute a full team on the court.

A. A team can start with as few as four players (if needed). If a team falls to less than four players, players from the opposing team can join that team for the remainder of the game, or if the opposing coach is not comfortable with that situation the game can continue with each team playing with the same number of players or one more than the other team who only has three. Ultimately the game can be stopped if nothing can be decided. Every attempt will be made to provide an official game for the players in attendance. Game officials / Director will help guide the situation and have final say about what will be done.

2. Referees/Coaches should stop the game every (5) minutes for substitutions. The clock will run during this change over in players.

A. Players may only enter the game during the substitution period.

i. Exception: To replace an injured or sick player.

B. A player should play roughly a minimum of (7) minutes per half.

#### **F: DEFENSE**

1. Defensive Requirement on a Change of Possession

A. Each defensive player must retreat behind the half court line except for the last one minute of the game.

B. Once an offensive player advances the ball past mid-court, defensive players are allowed to come forward and guard man-to-man anywhere on their defensive half of the court.

3. Full court press is only allowed at the last one minute of the game.

#### **G: FOULS**

1. 5-6 coed, 7-9 coed, 10-12U coed divisions A. No personal fouls will be kept. (If playing "Short Full Court")

2. 13-15U, 16-17U all will be given five (5) personal fouls per game (If playing "Regulation Full Court")

3. A player/coach who receives two technical fouls during a single game will be ejected and may be suspended for an additional game.

#### H: FREE THROWS

1. No free throws will be shot in the 5-6, 7-9, 10-12 divisions, 13-17 ages will shoot normal foul shots

However, if a technical is called, 2 foul shots will be taken and then the shooting team will also take the ball out.

2. On all common fouls, the offended team will be awarded the ball out-of bounds at the spot nearest to where the foul occurred.

I: OFFICIAL'S ELASTICITY CLAUSE The basketball rules in this handout may not cover all rules/situations that could occur in a youth basketball game. Those rules and situations not covered in this hand out will be governed by commonly accepted basketball rules as understood by the officials.

J: Outside of these rules the FHSAA official basket rules will be in place which is based on High School rules.