



# Youth Basketball Rules

## 2023-2024

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# League Basketball Rules

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## I. **NAME:**

The name of the league shall be the Graham Recreation & Parks Youth Basketball League.

## II. **ELIGIBILITY:**

- A. The date used to determine which age group a player is eligible to participate in is January 1 of the playing year.
- B. Each player's age will be approved by the Recreation Department.
  - a. 5U – players age 4-5
  - b. 6U – players age 5-6
  - c. 8U – players age 7-8
  - d. 10U – players age 9-10
  - e. 12U Boys – players age 11-12
  - f. 13U Girls – players age 11-13
  - g. 14U – players age 13-14
- C. A player may move up and play in an older league if he/she so desires, but after he/she has participated in one (1) league game with that team, he/she must play in that age group for the remainder of that season.

## III. **PRINCIPLES OF YOUTH ATHLETICS:**

- A. It is the aim of the Recreation and Parks Department to provide organized games and activities, recreation facilities, supervision and leadership to its citizens in their ideals and interests in the area of leisure time activities and/or its organization.
- B. To promote the ideals of good sportsmanship, teach basic skills, develop individual talents, and provide an opportunity to enjoy the best possible recreation advantages and atmospheres.
- C. To recognize the youth participant as an individual with particular abilities and limitations. A great deal of consideration must be given to his physical, mental, emotional, and social development with every precaution taken to ensure that each is developed to its highest potential.

## IV. **DISCIPLINARY ACTION:** (Including: parents, spectators, coaches, and players)

- A. Ejection from Game                      Minimum 1 Game Suspension
- B. Unsportsmanlike Conduct              Minimum 1 Game Suspension
- C. Profanity                                    Minimum 1 Game Suspension
- D. Technical Fouls                          3 Technical Fouls; Minimum Suspension for remainder of season
  - a. If any player or coach receives three technical fouls throughout the duration of the season they will be suspended for the remainder of the season.
- E. Threatening an Official                 Minimum Suspension for remainder of season
- E. Under the Influence                     Minimum Suspension for remainder of season
- F. Fighting                                      Minimum Suspension for remainder of season
  - a. Any coach, parent or spectator suspended must leave the playing facility immediately upon ejection; however, a player may remain at the playing facility.
  - b. All suspensions will be reviewed by Recreation Staff in order to determine if further disciplinary action need be taken. All decisions concerning disciplinary actions by the Recreation and Parks Department are final.

- c. Individuals can be suspended after the game for unsportsmanlike conduct by a game official or recreation staff member.

**V. DUTY OF THE COACH AND CERTIFICATION:**

- A. Each parent shall be responsible for seeing that their child is examined by his family doctor before he/she is allowed to play.
- B. The coach must have his/her team ready to play ten (10) minutes prior to game time.
- C. It is the duty of the coach to make sure that their score sheet is correct before each game, this will avoid any conflicts or technical fouls due to wrong numbers with names.

**VI. EQUIPMENT:**

- A. Gym shoes must be worn by all players, coaches or anyone connected with the team while on the gym floor. No street shoes of any nature, texture, or design will be allowed on the floor. However, coaches may wear street shoes on the bench.
- B. No jewelry, watches, beads, earrings or other hard items may be worn during games.
- C. The official basketball will be furnished by the Recreation Department for all age groups.
  - a. 5U, 6U – 27.5
  - b. 8U, 10U, 13U Girls – 28.5
  - c. 12U, 14U – 29.5

**VII. OFFICIALS:**

- A. All officials will be furnished and assigned by the Basketball Booking Agent.
- B. Officials will have complete control of all games.
- C. After the game has begun, the assigned officials or Recreation Staff will be responsible for discontinuing the game for any reason.
- D. The officials' decision on all calls will be final.

**VIII. AWARDS:**

- A. Individual trophies or medals will be awarded to the tournament champions and runner-up.

**TOURNAMENT SEEDING TIE-BREAKERS**

- A. Seeding will be determined by highest winning percentage; followed by
  - i. Head-to-head record among tied teams; followed by
  - ii. Point differential in games among tied teams only; followed by
  - iii. Point differential amongst every team; followed by
  - iv. Coin flip

**PROJECTED DAYS OF GAMES**

- A. 5U – Monday
  - B. 6U – Thursday
  - C. 8U Boys – Wednesday
  - D. 8U Girls – Monday and Wednesday
  - E. 10U Boys – Tuesday
  - F. 10U Girls – Tuesday
  - G. 12U Boys – Monday and Wednesday
  - H. 13U Girls – Tuesday
  - I. 14U Boys – Tuesday
- \*Game days could change based on the number of teams in each division

**CHANGES TO THE RULEBOOK**

The Graham Recreation & Parks Department reserves the right to change, add, or remove rules from any age division at any time in the interest of the players and the league.

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# 5U Basketball Rule 2 -24

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Ball: 27.5 (Junior Size) / Hoop Height: 8 ft. / Free Throw Line: 8 ft.

Quarter Length: 8 minutes / No Overtime / No Score Will Be Kept

- Each team receives two timeouts (2) timeouts per half.
- There will be a running clock during game play with the following exceptions:
  - The clock will stop for free-throws. The clock will restart once the ball is rebounded or passed in after a made free-throw.
  - The clock will stop in the last 10 seconds of the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> quarters.
  - During the last one (1) minute of the game, the clock will stop as in a regulation high school game.

## DEFENSE RULES

- **The ball cannot be stolen from a player with possession of the ball. Possession includes a player holding or dribbling the ball.**
- Defense cannot be played outside the 3-point line at any point in the game. Players cannot reach across the line to pressure a dribbler and cannot come across the line to steal a loose ball.
- The ball may only be stolen on a pass.
  - The ball may not be stolen from an inbounds pass.

## PLAYING TIME RULES

- In quarters 1, 2, and 3 substitutions will be made at or as close to the halfway point of each quarter. Every player that is on the bench will sub into play.
- The 4<sup>th</sup> quarter will be free-sub.

## VIOLATIONS

- All ball handling violations will only be called if they are excessive and occur inside the area where defense can legally be played.

## RULE MODIFICATIONS\*

- For all shooting fouls committed there will be one point awarded to the shooting team and they will receive the ball back. If a player makes the shot and is fouled, this will result in 3 points and the other team will receive the ball.
  - Free throws will only be shot in the last minute of the game.
- Free throw distance is 8 ft. Players can choose to shoot from the 12 ft. line if they prefer. If a player attempts from the 12 ft. line, they are not allowed to move up to the 8 ft. line on their second attempt of the series.
- On free throws from 12 ft. or closer, non-shooters will line up with the lowest player being below the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
  - If a team is in either penalty outside of the last minute of the game they will receive one point and the ball back.
  - Free-throws will only be shot in the last minute of the game.
- The offense has ten (10) seconds to initiate an offensive play once ball has crossed half court or it will be whistled for a turnover.
- All made shots will count as two points.

## **GAME MANAGEMENT RULES**

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- One coach may be on the playing court; however, they must remain near the sidelines and outside of the defensive area (three-point line extended). **Assistant coaches must remain seated on the bench.**
- There will be a ten (10) minute grace period for the first game of each night.

\* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

1. Players must make an attempt to score the basketball, they are not allowed to stand outside of the three-point area and hold the ball, the referee will give a verbal warning, and then count for ten seconds...the player then should make an attempt to get the ball inside the area (this is only in effect, when I a child is doing it on purpose).
2. Once a team gains possession, the opposing team cannot steal the ball until it has crossed the three-point line of the goal they are defending.
3. Please encourage the children that you believe are not getting involved on offense to dribble the ball up the court.
4. **1 Coach may coach from the court, but may not enter the 3pt. area.... They may stand out of bounds on the baseline. 1 Coach will do the officiating for each team if a staff member is not available.** One per team! The other coaches will be allowed on the bench (3 total for 5U)
5. No five second count will be in effect for an inbound pass. If they're taking a while to pass it in you can help the child to pass it in.
6. Fouls should be few and far between, but, some of the children can be aggressive...and fouls will be called, especially any slaps, pushes or if a child runs over another child and knocks them down etc.
  - a. This will happen often and we do not keep track of fouls for the 5U league, however, if a player is getting out of hand, the court supervisor along with the officials should speak with the coach and player
7. **Players will be substituted following each quarter, players must play the entire quarter, and all players must play at least HALF the game. Coaches may sub freely once their players have all played at least 2 full quarters. Players must check into the scores table!**
8. Individual fouls will not be tracked, but team fouls will be tracked, foul shots will be shot only on shooting fouls and after the 7<sup>th</sup> team foul. All Foul Shots will be double bonus! (two shots)
9. We will not stop the clock if a child needs to use the restroom; coaches should make sure they go before the game and in-between quarters etc. If one needs to go, they will play with one person down until the player returns.
10. **Games will consist of (4) six minute quarters.**
11. **The game will begin with the "away" team inbounding the ball from midcourt. Possessions will alternate on all held balls and new quarters.**
12. The clock will only stop for time outs and shooting fouls.
13. A 27.5 "Junior Size" Basketball will be used for the 5U League.
14. **8ft. Goals will be used for 5U Basketball.**
15. Each team will be allowed 4 Time outs per game.
16. The Free throw line will be 8 Ft. for the 5U Games

17. There will be a ten minute grace period prior to the first game of the night, after that games will be played on schedule so without a grace period, make sure your teams are early! ( We will start with as many kids as we have, no forfeits)
18. 5U Teams will play the full length of the court! Parents will sit on the bleachers and coaches and players will sit on the opposite side on the court.
19. **No standings or scores will be kept for the 5U League!**
20. Be Good To Each other! We don't do a skills assessment nor do we do a draft; it's for fun. Some teams will be better than others, that's just how it goes. Have fun and be good to your team and the team you are playing!

## 6U Basketball Rules – 2022-23



Ball: 27.5 (Junior Size) / Hoop Height: 8 ft. / Free Throw Line: 8 ft.

Quarter Length: 8 minutes / No Overtime / No Score Will Be Kept

- Each team receives two timeouts (2) timeouts per half.
- There will be a running clock during game play with the following exceptions:
  - The clock will stop for free-throws. The clock will restart once the ball is rebounded or passed in after a made free-throw.
  - The clock will stop in the last 10 seconds of the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> quarters.
  - During the last one (1) minute of the game, the clock will stop as in a regulation high school game.

### DEFENSE RULES

- **The ball cannot be stolen from a player with possession of the ball. Possession includes a player holding or dribbling the ball.**
- Defense cannot be played outside the 3-point line at any point in the game. Players cannot reach across the line to pressure a dribbler and cannot come across the line to steal a loose ball.
- Stealing will only be allowed on a pass.
  - The ball may not be stolen from an inbounds pass.

### PLAYING TIME RULES

- In quarters 1, 2, and 3 substitutions will be made at or as close to the halfway point of each quarter. Every player that is on the bench will sub into play.
- The 4<sup>th</sup> quarter will be free-sub.

### VIOLATIONS

- All ball handling violations will only be called if they are excessive and occur inside the area where defense can legally be played.

### RULE MODIFICATIONS\*

- For all shooting fouls committed there will be one point awarded to the shooting team and they will receive the ball back. If a player makes the shot and is fouled, this will result in 3 points and the other team will receive the ball.
  - Free throws will only be shot in the last minute of the game.
- Free throw distance is 8 ft. Players can choose to shoot from the 12 ft. line if they prefer. If a player attempts from the 12 ft. line, they are not allowed to move up to the 8 ft. line on their second attempt of the series.
- On free throws from 12 ft. or closer, non-shooters will line up with the lowest player being below the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
  - If a team is in either penalty outside of the last minute of the game they will receive one point and the ball back.

- Free-throws will only be shot in the last minute of the game.
- The offense has ten (10) seconds to initiate an offensive play once ball has crossed half court or it will be whistled for a turnover.
- All made shots will count as two points.

### **GAME MANAGEMENT RULES**

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- One coach may be on the playing court; however, they must remain near the sidelines and outside of the defensive area (three-point line extended). **Assistant coaches must remain seated on the bench.**
- There will be a ten (10) minute grace period for the first game of each night.

\* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials



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# 8U Boys Basketball Rules – 2023-24

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Ball: 28.5 / Hoop Height: 8 ft. / Free Throw Line: 12 ft.

Quarter Length: 8 minutes / Overtime: 2-minute period followed by free throw shootout

## CLOCK RULES

- Each team receives two timeouts (2) timeouts per half.
- There will be a running clock during game play with the following exceptions:
  - The clock will stop for free-throws. The clock will restart once the ball is rebounded or passed in after a made free-throw.
  - The clock will stop in the last 10 seconds of the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> quarters.
  - During the last one (1) minute of the game, the clock will stop as in a regulation high school game.

## DEFENSE RULES

- Defense can only be played up to the three-point line extended from the top of the key (marked by tape) with the following exception:
  - In the last one (1) minute of the game with **less than a 10 point lead**, teams can defend up to the half court line.
- Defense cannot be played outside of this line at any point in the game. Players cannot reach across the line to pressure a dribbler or steal a pass and cannot come across the line to steal a loose ball.

## PLAYING TIME RULES

- In quarters 1, 2, and 3 substitutions will be made at or as close to the halfway point of each quarter. Every player that is on the bench will sub into play.
- The 4<sup>th</sup> quarter will be free-sub.

## VIOLATIONS

- All ball handling violations will be called if they occur in the area where defense can legally be played. Outside of the area where defense can legally be played, violations will only be called if they are excessive.

## RULE MODIFICATIONS\*

- All shooting fouls will result in 1 point for the offense and the ball. If a player makes the shot and is fouled, this will result in 3 points and the other team will receive the ball.
  - Free throws will only be shot in the final minute of the game.
- Free throw distance is 12 ft. Players can choose to shoot from the 15 ft. line if they prefer. If a player attempts from the 15 ft. line, they are not allowed to move up to the 12 ft. line on their second attempt of the series.
- On free throws from 12 ft. or closer, non-shooters will line up with the lowest player being below the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
  - Free-throws will only be shot in the last minute of the game.
- The offense has ten (10) seconds to initiate an offensive play once ball has crossed half court or it will be whistled for a turnover. Exception: last one (1) minute of game.

- All made field goals will count as two points.
- After a time-out has been called in the backcourt during the last minute, the ball will be inbounded at the frontcourt sideline and must be inbounded into the frontcourt.
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least number of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately in a sudden death format.

### **GAME MANAGEMENT RULES**

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only one coach may stand during the game; the coaches must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

\* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

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# 8U Girls Basketball Rules – 2023-24

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Ball: 28.5 / Hoop Height: 8 ft. / Free Throw Line: 12 ft.

Quarter Length: 8 minutes / Overtime: 2-minute period followed by free throw shootout

## CLOCK RULES

- Each team receives two timeouts (2) timeouts per half.
- There will be a running clock during game play with the following exceptions:
  - The clock will stop for free-throws. The clock will restart once the ball is rebounded or passed in after a made free-throw.
  - The clock will stop in the last 10 seconds of the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> quarters.
  - During the last one (1) minute of the game, the clock will stop as in a regulation high school game.

## DEFENSE RULES

- Defense can only be played up to the three-point line extended from the top of the key (marked by tape) with the following exception:
  - In the last one (1) minute of the game with **less than a 10 point lead**, teams can defend up to the half court line.
- Defense cannot be played outside of this line at any point in the game. Players cannot reach across the line to pressure a dribbler or steal a pass and cannot come across the line to steal a loose ball.

## PLAYING TIME RULES

- In quarters 1, 2, and 3 substitutions will be made at or as close to the halfway point of each quarter. Every player that is on the bench will sub into play.
- The 4<sup>th</sup> quarter will be free-sub.

## VIOLATIONS

- All ball handling violations will be called if they occur in the area where defense can legally be played. Outside of the area where defense can legally played, violations will only be called if they are excessive.

## RULE MODIFICATIONS\*

- All shooting fouls will result in 1 point for the offense and the ball. If a player makes the shot and is fouled, this will result in 3 points and the other team will receive the ball.
  - Free throws will only be shot in the final minute of the game.
- Free throw distance is 12 ft. Players can choose to shoot from the 15 ft. line if they prefer. If a player attempts from the 15 ft. line, they are not allowed to move up to the 12 ft. line on their second attempt of the series.
- On free throws from 12 ft. or closer, non-shooters will line up with the lowest player being below the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
  - Free-throws will only be shot in the last minute of the game.
- The offense has ten (10) seconds to initiate an offensive play once ball has crossed half court or it will be whistled for a turnover. Exception: last one (1) minute of game.

- All made field goals will count as two points.
- After a time-out has been called in the backcourt during the last minute, the ball will be inbounded at the frontcourt sideline and must be inbounded into the frontcourt.
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least number of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately in a sudden death format.

### **GAME MANAGEMENT RULES**

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only one coach may stand during the game; the coaches must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

\* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

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# 10U Boys Basketball Rules – 2023-24

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Ball: 28.5 / Hoop Height: 10 ft. / Free Throw Line: 12 ft.

Quarter Length: 8 minutes / Overtime: 2 minute overtime period followed by free throw shootout

## CLOCK RULES

- Each team receives two timeouts (2) timeouts per half.
- There will be a running clock during game play with the following exceptions:
  - The clock will stop for free-throws. The clock will restart once the ball is rebounded or passed in after a made free-throw.
  - The clock will stop in the last 10 seconds of the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> quarters.
  - During the last one (1) minute of the game, the clock will stop as in a regulation high school game.

## DEFENSE RULES

- Defense can only be played up to midcourt line with the following exception:
  - In the last one (1) minute of the game with less than a 10-point lead, teams can press full court.

## PLAYING TIME RULES

- In quarters 1, 2, and 3 substitutions will be made at or as close to the halfway point of each quarter. Every player that is on the bench will sub into play.
- The 4<sup>th</sup> quarter will be free-sub.

## RULE MODIFICATIONS\*

- For all shooting fouls committed there will be one point awarded to the shooting team and they will receive the ball back. If a player makes the shot and is fouled, this will result in 3 points and the other team will receive the ball.
  - Free throws will only be shot in the last minute of the game.
- Free throw distance is 8 ft. Players can choose to shoot from the 12 ft. line if they prefer. If a player attempts from the 12 ft. line, they are not allowed to move up to the 8 ft. line on their second attempt of the series.
- On free throws from 12 ft. or closer, non-shooters will line up with the lowest player being below the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
  - If a team is in either penalty outside of the last minute of the game they will receive one point and the ball back.
  - Free-throws will only be shot in the last minute of the game.
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least number of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately in a sudden death format.

## GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only one coach may stand during the game; the coaches must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

\* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

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# 10U Girls Basketball Rules – 2023-24

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Ball: 28.5 / Hoop Height: 9 ft. / Free Throw Line: 12 ft.

Quarter Length: 8 minutes / Overtime: 2 minute overtime period followed by free throw shootout

## CLOCK RULES

- Each team receives two timeouts (2) timeouts per half.
- There will be a running clock during game play with the following exceptions:
  - The clock will stop for free-throws. The clock will restart once the ball is rebounded or passed in after a made free-throw.
  - The clock will stop in the last 10 seconds of the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> quarters.
  - During the last one (1) minute of the game, the clock will stop as in a regulation high school game.

## DEFENSE RULES

- Defense can only be played up to midcourt line with the following exception:
  - In the last one (1) minute of the game with less than a 10-point lead, teams can press full court.

## PLAYING TIME RULES

- In quarters 1, 2, and 3 substitutions will be made at or as close to the halfway point of each quarter. Every player that is on the bench will sub into play.
- The 4<sup>th</sup> quarter will be free-sub.

## RULE MODIFICATIONS\*

- For all shooting fouls committed there will be one point awarded to the shooting team and they will receive the ball back. If a player makes the shot and is fouled, this will result in 3 points and the other team will receive the ball.
  - Free throws will only be shot in the last minute of the game.
- Free throw distance is 8 ft. Players can choose to shoot from the 12 ft. line if they prefer. If a player attempts from the 12 ft. line, they are not allowed to move up to the 8 ft. line on their second attempt of the series.
- On free throws from 12 ft. or closer, non-shooters will line up with the lowest player being below the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
  - If a team is in either penalty outside of the last minute of the game they will receive one point and the ball back.
  - Free-throws will only be shot in the last minute of the game.
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least number of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately in a sudden death format.

## GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only one coach may stand during the game; the coaches must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

\* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials



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# 12U Boys Basketball Rules – 2023-24

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Ball: 29.5 (Official) / Hoop Height: 10 ft. / Free Throw Line: 15 ft. (regular)

Quarter Length: 8 minutes / Overtime: 2 minutes (2 OT periods maximum – see below)

## CLOCK RULES

- Each team receives two timeouts (2) timeouts per half.
- There will be a running clock during game play with the following exceptions:
  - The clock will stop for free-throws. The clock will restart once the ball is rebounded or passed in after a made free-throw.
  - The clock will stop in the last 10 seconds of the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> quarters.
  - During the last one (1) minute of the game, the clock will stop as in a regulation high school game.

## DEFENSE RULES

- Teams can play defense in the backcourt with the following exceptions:
  - Cannot play defense in the backcourt with a lead of 10 points or more.
  - Cannot play defense in the backcourt on a dead ball inbounds play or made basket until the last one (1) minute of the game.

## PLAYING TIME RULES

- In quarters 1, 2, and 3 substitutions will be made at or as close to the halfway point of each quarter. Every player that is on the bench will sub into play.
- The 4<sup>th</sup> quarter will be free-sub.

## RULE MODIFICATIONS\*

- For all shooting fouls committed there will be one point awarded to the shooting team and they will receive the ball back. If a player makes the shot and is fouled, this will result in 3 points and the other team will receive the ball.
  - Free throws will only be shot in the last minute of the game.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
  - If a team is in either penalty outside of the last minute of the game they will receive one point and the ball back.
  - Free-throws will only be shot in the last minute of the game.
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least number of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately in a sudden death format.

## GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only one coach may stand during the game; the coaches must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

\* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

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# 13U Girls Basketball Rules – 2023-24

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Ball: 28.5 (Women's Size) / Hoop Height: 10 ft. / Free Throw Line: 15 ft. (regular)

Quarter Length: 8 minutes / Overtime: 2-minute period followed by free throw shootout

## CLOCK RULES

- Each team receives two timeouts (2) timeouts per half.
- There will be a running clock during game play with the following exceptions:
  - The clock will stop for free-throws. The clock will restart once the ball is rebounded or passed in after a made free-throw.
  - The clock will stop in the last 10 seconds of the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> quarters.
  - During the last one (1) minute of the game, the clock will stop as in a regulation high school game.

## DEFENSE RULES

- Teams can play defense in the backcourt with the following exceptions:
  - Cannot play defense in the backcourt with a lead of 10 points or more.
  - Cannot play defense in the backcourt on a dead ball inbound play or made basket until the last one (1) minute of the game.

## PLAYING TIME RULES

- In quarters 1, 2, and 3 substitutions will be made at or as close to the halfway point of each quarter. Every player that is on the bench will sub into play.
- The 4<sup>th</sup> quarter will be free-sub.

## RULE MODIFICATIONS\*

- All shooting fouls will result in 1 point and the ball. On instances in which the player makes the shot and is fouled, 3 points will be awarded.
  - Free throws will only be shot in the last minute of the game.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
  - If a team is in either penalty outside of the last minute of the game they will receive one point and the ball back.
  - Free-throws will only be shot in the last minute of the game.
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least amount of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately until one team has made one more free throw after an equal number of players have shot.

## GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only one coach may stand during the game; the coaches must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

\* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

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# 14U Basketball Rules – 2023-24

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Ball: 29.5 (Official Size) / Hoop Height: 10 ft. / Free Throw Line: 15 ft. (regular)

Quarter Length: 8 minutes / Overtime: 2-minute period followed by free throw shootout

## CLOCK RULES

- Each team receives two timeouts (2) timeouts per half.
- There will be a running clock during game play with the following exceptions:
  - The clock will stop for free-throws. The clock will restart once the ball is rebounded or passed in after a made free-throw.
  - The clock will stop in the last 10 seconds of the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> quarters.
  - During the last one (1) minute of the game, the clock will stop as in a regulation high school game.

## DEFENSE RULES

- Teams can play defense in the backcourt at any time with the following exceptions:
  - Teams may not play back court defense if they are up by 20 points.
  - If a team obtains a 30 point lead, they must play defense inside the 3 point arch.

## PLAYING TIME RULES

- In quarters 1, 2, and 3 substitutions will be made at or as close to the halfway point of each quarter. Every player that is on the bench will sub into play.
- The 4<sup>th</sup> quarter will be free-sub.

## RULE MODIFICATIONS\*

- On free throw attempts from the regular line, non-shooters will line up with the lowest player above the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least amount of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately until one team has made one more free throw after an equal number of players have shot.

## GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only one coach may stand during the game; the coaches must remain seated.**

- There will be a ten (10) minute grace period for the first game of each night.

\* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials