



Youth Basketball Rules & Format

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Section 1: Age Groups and Game Format

Age as of 1/1/19	Game Format	Preferred Roster	Goal Height	Ball Size
5-6	4v4	7 or 8 Players	8 Feet	Rookie – 25.5"
7-8	5v5	8 or 9 Players	8 Feet	Junior – 27.5"
9-10	5v5	8 – 10 Players	10 Feet	Intermediate – 28.5"
11-12	5v5	8 – 10 Players	10 Feet	Regulation – 29.5"
13-15	5v5	8 – 10 Players	10 Feet	Regulation – 29.5"
16-18	5v5	8 – 10 Players	10 Feet	Regulation – 29.5"

Section 2: Season Schedule

- November 4th
 - Coaches Meeting – H. Boyd Lee at 3:30pm
- Week of November 5th
 - Basketball Clinic ages 9-12 3:00pm-5:00pm
- Week of November 12th
 - Ages 9-10
 - Skills Assessment – Monday, November 12th @ 5pm & Wednesday, November 14th @ 5:15pm
 - 9-10 Draft – Wednesday, November 14th @ 7:45pm
 - Ages 11-12
 - Skills Assessment – Tuesday, November 13th @ 5:15pm & Thursday, November 15th @ 5:15pm
 - 11-12 Draft – Thursday, November 15th @ 7:45pm
 - November 17th 5-8 practice begins
- Week of November 22nd
 - Ages 13-15 – Drew Steele Center
 - Skills Assessment – Monday, November 26th & Wednesday, November 28th at 7:45pm
 - 13-15 Draft – Wednesday, November 28th @ 9:15pm
 - Ages 16-18 – Drew Steele Center
 - Skills Assessment – Tuesday, November 27th & Thursday, November 29th at 7:45pm
 - 16-18 Draft – Thursday, November 29th @ 8:45pm
- December 3rd
 - All other basketball practices start
 - Officials Meeting – H. Boyd Lee @ 6pm
- January 8th – 10th
 - Scrimmages at H. Boyd Lee Park (TBA)
- January 12th
 - 5-8 year old games begin
- January 21st
 - **NO GAMES – MLK HOLIDAY**
- January 14th
 - First day of games for all other age groups
- February 16th (some leagues may start at later date)
 - Conclusion of the season for 5-8 year olds
- February 18th (TBD)
 - Single Elimination Tournament begins for ages 9-18

Section 3: Age Division Rules

	AGES 5-6	AGES 7-8	AGES 9-10	AGES 11-12	AGES 13-15 & 16-18
BALL SIZE	Rookie Size	Junior Size	Intermediate Size - 28.5"	Official Size	Official Size
BASKET HEIGHT	8 FEET	8 FEET	10 FEET	10 FEET	10 FEET
GAME LENGTH	8 MINUTE QUARTERS (RUNNING CLOCK) EXCEPT THE LAST MINUTE OF THE 4 TH QUARTER. NO SCORING	8 MINUTE QUARTERS (RUNNING CLOCK) EXCEPT THE LAST MINUTE OF THE 4 TH QUARTER. NO SCORING	8 MINUTE QUARTERS Running clock except the last minute of the 4 th quarter. If a team is up 15+ points in the last minute of the 4 th quarter, the clock will only stop for timeouts and injuries until the opposing team gets within 8 points.	16 MINUTE HALVES Running clock except the last minute of the second half. If a team is up 15+ points in the last minute of the second half, the clock will only stop for timeouts and injuries until the opposing team gets within 8 points.	18 MINUTE HALVES Running clock except the last minute of the second half. If a team is up 15+ points in the last minute of the second half, the clock will only stop for timeouts and injuries until the opposing team gets within 8 points.
OVERTIME	NO OVERTIME	NO OVERTIME	3 Minutes; Clock stops last minute	3 Minutes; Clock stops last minute	3 Minutes; Clock stops last minute
DEFENSE	ZONE	ANY	ANY	ANY	ANY
TIME OUTS	2 PER HALF	2 PER HALF	2 PER HALF (do not carry over) 1 PER OVERTIME (may carry over)	2 PER HALF (do not carry over) 1 PER OVERTIME (may carry over)	2 PER HALF (do not carry over) 1 PER OVERTIME (may carry over)
PRESSING	NO PRESSING	NO BACKCOURT PRESS UNTIL THE LAST MINUTE OF THE GAME AND OVERTIME PERIOD	No backcourt press until the last 2 minutes of regulation and OT period. If a team has a 15 point lead in a game, they must play defense inside the 3-point line until the lead is cut to 8.	Backcourt press is only allowed on rebounds. During the last 2 minutes of the game and OT period, pressing is allowed anytime. If a team has a 15 point lead in a game, they must play defense inside the 3-point line until the lead is cut to 8.	May press at any time.
FREE THROW	8 FEET	8 FEET	12 FEET (White Line)	15 FEET	15 FEET
STEALING	NO STEALING EXCEPT ON PASSES (ONE TEAM WARNING WILL BE GIVEN; AFTER THIS, A PERSONAL FOUL WILL BE ASSESSED).	NO STEALING EXCEPT ON PASSES (ONE TEAM WARNING WILL BE GIVEN; AFTER THIS, A PERSONAL FOUL WILL BE ASSESSED).	MAY STEAL ANY TIME	MAY STEAL ANY TIME	MAY STEAL ANY TIME

Section 4: Rule Specifications

4.1 Governing Rules

Play will be governed by NCHSAA rules with the following modifications. It is the coach's responsibility to understand the modifications for their age group.

4.2 Equipment

- 4.2.1 Athletic shoes **must** be worn by all participants.
- 4.2.2 Mouth guards **must** be worn during all games.
- 4.2.3 No jewelry will be allowed. (Ex: watches, necklaces, earrings, etc.)
- 4.2.4 Game balls will be provided by GRPD.

4.3 Fouls, Double Dribbles and Traveling

- 4.3.1 Fouls
 - 4.3.1a** Fouls will be called for all age groups as violations occur
- 4.3.2 Double dribble and traveling Violations
 - 4.3.2a** Ages 5-6 – Will generally not be called.
 - 4.3.2b** Ages 7-8 – Will be called in the following instances:
 - 8.3.2b.i** Inside the 3 point line when there is a clear advantage.
 - 8.3.2b.ii** Throughout the season, as player's skills and abilities should be improving.
 - 4.3.2c** Ages 9-18 – Violations will be called as they occur.

4.4 Defense

- 4.4.1 See Rule Sheet for age group specific backcourt defense rules.
 - 4.4.1a** **9-12 year olds only: Teams who are up by 15 or more points cannot play defense outside of the 3-point line. Once the opposing team has gotten within 8 points, any type of defense may be played.**
 - 4.4.1a.i** The penalty for any defensive violation will go as follows:
 - a. The first violation will result in a warning. A technical foul will be called on each subsequent violation. The technical foul will be given to the bench, not the player committing the violation.

4.5 Playing Time

- 4.5.1 No player may play the entire game unless substitutes are not available.

4.6 Coaches

- 4.6.1 Head coaches must remain in the coaching box (14'), which is marked by white tape.
 - 4.6.1a** Coaches will be warned if they are outside of the coaching box, unless they are conferring with personnel at the scorer's table.
 - 4.6.1a.i** After the warning, a technical foul will be given to the coach.
 - 4.6.1b** One assistant coach is allowed in the bench area and must remain seated during the game.
 - 4.6.1b.i** No other parents or siblings are allowed in the bench area during the game.

4.7 Technical Fouls

- 4.7.1 If a coach receives a technical foul, he or she must remain seated for the remainder of the game. A second technical foul will result in a coach being ejected.

4.8 Other Rules

- 4.8.1 For age groups 9-18 only: If a team is up 15 or more points in the last minute of the second half, the clock will only stop for timeouts and injuries until the opposing team cuts the lead to eight (8) points.

4.9 Division Standings / Single Elimination Tournament

- 4.9.1 A single elimination tournament will be played for ages 9-18.
 - 4.9.1a** All regular season rules will apply in the tournament.