



10 - 12 YEAR OLD BASKETBALL RULES

- The size of the playing area is full court.
- The height of the basket will be ten feet.
- The free-throw line will be fifteen feet from the basket.
 - The player may not land over the line after shooting a free-throw.
 - All other players lined up may not move until the ball hits the rim.
- The size of the basketball is full-size regulation or competition ball.
- No forfeits! Game will be played five on five depending on team size.
 - Game will be played with less players, if less than five are in attendance.
 - Each team will have a maximum of ten players on their roster, unless approved by the head coach. Each child must play at least half of every game.
- The game will consist of four, twelve minute quarters with a running clock except for timeouts. There will be two, thirty second timeouts per team per half. Half time will last three minutes with one minute between quarters.
- Open substitution is allowed on any stop in play. Players must be sitting at score table and noticed by the referee before entering the game.
- Jump ball will start each game
- An NYS administered or approved jersey must be worn during the game.
- Two coaches are allowed on sideline during game.
- Three second lane violations will be called.
- Players will foul out on their fifth foul.
- Defense must be man to man, no zone. The first violation will receive a warning. Second violation will receive a technical foul and one point, plus possession of the ball.

- Backcourt defense is not allowed.
- Clear-outs are not allowed.
- Double teaming is allowed in the lane area only and backcourt defense is not allowed. The first violation will receive a warning. Second violation will receive a technical foul and one point, plus possession of the ball.
- Possession will alternate each quarter, jump ball, or double foul.
- After each basket the opposing team will then inbound the ball from their end line.
- Offense must bring the ball across half court within the ten second time limit.
- If a team receives their seventh team foul (non-shooting) in one half of play, that foul, as well as each occurrence thereafter, results in the opposing team shooting one and one free-throws.
- If a player is fouled in the act of shooting and misses the basket, the player will be awarded free-throws. However, if the basket was made, basket counts, and the player is awarded one free-throw.
- Each team's bench must be seated and cheering positively for their team. Trash talking will result in a technical foul.
- Unsportsmanlike conduct will result in a technical foul and player ejection. The opposing team will be awarded two points and possession of the ball. This includes players on the bench.
- NYS coaches are given the authority to sit a player that is acting unsportsmanlike or that has missed several practices without a legitimate excuse. The referee must be notified before the game is started.
- The home team is listed first on the game schedule and is to provide a volunteer scorekeeper. NYS uses regulation scoring with three pointers on courts so marked. Game time will be kept by either the official or scoreboard clock.