



# 2019 BASKETBALL RULES and Skill Outcomes

**Mission:** TeamX Basketball is designed for every player to develop age appropriate basketball skills while building character, having fun and building friendships. A core expectation is that every player receives equal playing time, without exception.

**Jersey Colors:** Visiting Team on the schedule wears white. Home Team wears blue

## **Clock Management on Game Day**

10-minute pre game warm up. Warning buzzer sounds at 8-minute mark. Teams should be on the court and ready to inbound or jump ball at clock zero. Clock will start on time

Game time is two 20-minute periods with a two-minute half time

1 one-minute timeout per half per team or two 30-second time outs per half per team.

16U Only – clock stops during the last minute of play during foul shots and out of bounds

## **Start of Game**

Inbound: 7U, 8U, 9U, 10U Girls (Away team inbounds the start of game. Home team inbounds second half)

Jump Ball: 11U, 13U, 14U Girls and 16U Boys

## **Game Duration:**

Two Twenty Minute halves

**Substitutions:** Substitutions are controlled by the scorekeeper. Approximately every five minutes the score keeper will sound the buzzer for substitutions either at a change of possession, or an out-of-bounds play. Score keepers will look for an appropriate stoppage every five minutes.

**Match Ups** – (7U, 8U, 10U Girls) at the beginning of each new playing segment, coaches will assist players in matching up based on size and skill level for man-to-man coverage

**Jump ball situations** – once the game has begun, possession from jump ball situations will alternate with the possessing team inbounding the pass.

**Tie Situations** – There is no overtime in the event the game ends in a tie.

**Keeping Score** – Volunteers from the league will keep score and keep track of fouls

**Coaches on the Court** – only 7U coaches are permitted on the court. The remaining divisions must instruct from the sidelines.

## **Personal and Team Fouls**

7U, 8U, 10U Girls – personal and team fouls will not be recorded

9U, 11U, 12U, 13U Girls, 16U Boys – each player has a maximum of five fouls before fouling out of the game

11U, 13U 14U Girls, 16U Boys – Each team has 10 team fouls before opposing team shoots 1 and 1



# 2019 BASKETBALL RULES and Skill Outcomes

## Rules and Fouls: (R/F)

1. 7U/8U/10U Girls – R/F violations such as travelling, dribbling violations, body fouls, shooting fouls etc. should be identified followed by appropriate instruction. Referees and coaches are instructed to keep the disruption of play to a minimum but will identify and enforce these rule violations. The progression of the season is towards enforcement of travelling, double dribbling and the five second rule.
2. 9U Boys– R/F violations such as travelling, dribbling violations, body fouls, etc. will be enforced. However referees will be lenient when movement of the pivot foot occurs. **Reach fouls will be strictly enforced** and body contact will result in a foul so kids learn to be selective when attempting steals.
3. 11U, 13U 14U Girls, 16U – All R/F violations should be enforced according to National Federation of High School Rules [www.nfhs.org](http://www.nfhs.org).
4. Non-shooting fouls result in the ball being taken out on the side by the opposing team
5. 11U, 12U, 13U 14U Girls, 16U Only - If a team reaches 10 fouls in one half, the opposing team will shoot one-and-one.



# 2019 BASKETBALL RULES and Skill Outcomes

	7U Coed	8U Boys	9U Boys	10U Girls	11U/Boys	14U Girls	13U/16U Boys
<b>Players on Court</b>	5 or if both teams have 8 or less per team than 4	5 or if both teams have 8 or less per team than 4	5	5 or if both teams have 8 or less per team than 4	5	5	5
<b>Rim Height</b>	8'	8'6	9	8'6	10'	10'	10'
<b>Ball Size</b>	27.5	27.5	28.5	28.5	28.5	28.5	29.5
<b>Keeping Score</b>	No	Yes	Yes	Yes	Yes	Yes	Yes
<b>Steals on the ball</b>	No	No	Yes	No	Yes	Yes	Yes
<b>Blocking Shots</b>	Arms Straight Up	Arms Straight Up	Yes	Arms Straight Up	Yes	Yes	Yes
<b>Intercepting Pass</b>	After first pass attempt	After first pass attempt	Yes	After first pass attempt	Yes	Yes	Yes
<b>5 Second Violation</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Defense</b>	Man	Man	Man	Man	Man	Man	Coach Choice
<b>3 Second Violations</b>	No	No	No	No	Yes	Yes	Yes
<b>Personal Fouls</b>	NA	NA	5	NA	5	5	5
<b>Fouls in the Act of Shooting</b>	Inbound	Inbound	Shoot	Shoot	Shoot	Shoot	Shoot
<b>Team Penalty (10)</b>	No	No	No	No	Yes	Yes	Yes
<b>10 Second Back Court Violation</b>	No	Yes	Yes	Yes	Yes	Yes	Yes
<b>Back Court Press</b>	No	No	No	No	No	No	Yes
<b>Double Teaming the Ball</b>	No	No	No	No	No	No	Yes
<b>Referee</b>	Volunteer	Volunteer	1 Ref	1 Ref	2 Ref	2 Ref	2 Ref



# 2019 BASKETBALL RULES and Skill Outcomes

## TeamX Skill Outcomes and Building Blocks

\* Please note the five-second clock applies to all divisions

### 7U

1. Dribble ball with dominate hand without traveling and/or double dribbling
2. Introduction of correct shooting techniques
3. Introduce basic pass skills- chest and bounce pass
4. Introduce basic rebounding concepts.
5. Basic defensive stance and skills
6. Play as a team
7. 5 Second Clock – players at this age group will hold the ball for a long time unless they learn to pass or shoot within 5 seconds

### 8U/9U/10UG

1. Dribble ball with dominate hand and some use of off-hand.
2. Basic dribble moves such as the speed dribble, crossover, protect-the-ball dribble, and back-up dribble.
3. Understand correct form of layups
4. Correct shooting form- toe, knee, elbow, fingertips
5. Be able to control and protect the ball- jump stop, pivoting, triple threat position.
6. Introduce man to man defense (correct movement)
7. Continue to focus rebounding concepts- turn towards basket, use both hands, box out
8. Introduce basic motion offense plays

### 11U/12U/13UG

1. Ball handling with BOTH hands
2. Being able to finish with both hands from both sides
3. Continue to focus on shooting form (shooting drills)
4. Passing the ball with bounce, chest, over the head and baseball passes
5. Moving with and without the ball- spacing and off ball principles
6. Defense on and off the ball- spacing concepts
7. Continue to hone rebounding technique
8. Introduce basic screening techniques
9. Incorporate additional motion type offense plays

### 16U

1. Expand onto more advanced skills for everything mentioned above.
2. Ball Handling & Dribbling - teach more dribble moves such as the spin move, behind-the-back. Incorporate some double-moves
3. Passing under pressure
4. Continue to focus on screening concepts
5. More emphasis on rebounding technique



# 2019 BASKETBALL RULES and Skill Outcomes

6. Post moves, drop step, jump hook
7. Advanced levels of spacing
8. Offense - introduce more motion offense situations.
9. Defense- Emphasize basics from previous levels and move on to rotations and situations.
10. Introduce basic zone defense concepts