



2021 BASKETBALL RULES

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: Home Team on the schedule wears white. Away 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.

14U and 16U Only – clock stops during the last minute of play during foul shots and out of bounds

Start of Game

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

Jump Ball: 10U, 12U, 14U, 16U Boys

Game Duration:

Two Twenty Minute halves

Substitutions: Substitutions are controlled by the scorekeeper and referee. 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) 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 – personal and team fouls will not be recorded

10U, 12U, 14U, Girls Division and 16U Boys – each player has a maximum of five fouls before fouling out of the game

10U, 12U, 14U, Girls Division, 16U – Each team has 10 team fouls per half before opposing team shoots 1 and 1



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Rules and Fouls: (R/F)

1. 7U/8U – 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. 10U Boys– R/F violations such as travelling, dribbling violations, body fouls, etc. will be enforced. **Reach fouls will be strictly enforced** and body contact will result in a foul so kids learn to be selective when attempting steals.
3. 12U, 14U, Girls Division, 16U – All R/F violations should be enforced according to National Federation of High School Rules www.nfhs.org.
4. Non-shooting fouls result in the ball being taken out on the side by the opposing team
5. 10U, 12U, 14U, Girls Division, 16U Only - If a team reaches 10 fouls in one half, the opposing team will shoot one-and-one.



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	7U Coed	8U Boys	10U Boys 10U Girls	12U Boys	Girls Div.	14U Boys	16U Boys
Players on Court	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	5	5	5
Rim Height	8'	8'6	10	10	10'	10'	10'
Ball Size	27.5	27.5	28.5	28.5	28.5	29.5	29.5
Keeping Score	No	Yes	Yes	Yes	Yes	Yes	Yes
Steals on the ball	No	No	Yes	Yes	Yes	Yes	Yes
Blocking Shots	Arms Straight Up	Arms Straight Up	Yes	Yes	Yes	Yes	Yes
Intercepting Pass	After first pass attempt	After first pass attempt	Yes	Yes	Yes	Yes	Yes
5 Second Violation	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Defense	Man	Man	Man	Man	Man	Coach Choice	Coach Choice
3 Second Violations	No	No	No	Yes	Yes	Yes	Yes
Personal Fouls	NA	NA	5	5	5	5	5
Fouls in the Act of Shooting	Inbound	Inbound	Shoot	Shoot	Shoot	Shoot	Shoot
Team Penalty (10)	No	No	No	Yes	Yes	Yes	Yes
10 Second Back Court Violation	No	Yes	Yes	Yes	Yes	Yes	Yes
Back Court Press	No	No	No	No	No	Yes	Yes
Double Teaming the Ball	No	No	No	No	No	Yes	Yes
Referee	Volunteer	Volunteer	2 Ref	2 Ref	2 Ref	2 Ref	2 Ref