



2018 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 receive equal playing time, without exception.

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

Start of Game

Inbound: 7U, 8U, 9U, 10U Girls

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

Game Duration:

7U, 8U, 9U, 10U Girls, 11U, 13U Girls, 14U – 40 minute games with running clock

Game Stoppages:

7U, 8U, 10U Girls – running clock, no half time. Two 30-second timeouts with a running clock. No stoppage during last two minutes of game.

9U Boys - running clock, 2 minute half time. Two 30-second timeouts with running clock. No game stoppage during last two minutes of game. Clock stops for foul shots during the last minute of the game

11U, 13U Girls – Two twenty-minute halves. One 30-second timeout per half. Two minute half time.

Clock stops during last minute of each half for foul shots

14U BOYS – Two twenty minute halves. Five minute half time. One one-minute timeout per half. One 30 second time out per half. Clock stops for out of play and foul shots the last minute of play

Substitutions: Substitutions are controlled by the score keeper. Every five minutes the score keeper will notify the referee that it is time for substitutions. The referee will blow the whistle at an appropriate transition point. I.e. after a shot, turnover, foul, out of bounds or at any point other than during a fast break or when an imminent shot is about to occur.

Matchups – (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, 13U Girls, 14U Boys – each player has a maximum of five fouls before fouling out of the game

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

Rules and Fouls: (R/F)



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



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