

Denver Youth Sports | Winter 2025-26

Ages 9+ Basketball Rules Quick Reference Sheet

	9-10 Divisions	11-12 Divisions	13-14 & 15-17 Divisions
Duration of Game	(4) 8 min. quarters	(4) 8 min. quarters	(4) 8 min. quarters
Ball Size	28.5	Boys Official / Girls 28.5	Boys Official / Girls 28.5
Goal Height	10 ft	10 ft	10 ft
Lane Violations	5 seconds	3 seconds	3 seconds
Free Throws	12 ft	15 ft	15 ft
Personal & Team Foul Limits	5 personal 5 team per quarter = double bonus	5 personal 5 team per quarter = double bonus	5 personal 5 team per quarter = double bonus
Technical Fouls	Automatic 2 points and the ball	Automatic 2 points and the ball	Automatic 2 points and the ball
Time Outs	(2) - thirty seconds, per half	(2) - thirty seconds, per half	(2) - thirty seconds, per half
Defense Allowed	Any half-court defense	Any	Any
Full Court Pressing	Never	Allowed, unless in Mercy Rule	Allowed, unless in Mercy Rule
Mercy Rule	Begins at 15 points. Ends at 10 points. See #5 Below.	Begins at 15 points. Ends at 10 points. See #5 Below.	Begins at 15 points. Ends at 10 points. See #5 Below.
Overtime	See #6 Below	See #6 Below	See #6 Below

1. A team can start and can finish the game with four players.
2. **ALL PLAYERS PRESENT MUST PLAY AT LEAST TWELVE MINUTES OF THE GAME. FAILURE TO COMPLY WILL RESULT IN FORFEIT OF GAME.**
3. A 5-minute grace period applies to all games. A forfeit will be issued after 5 minutes.
4. Clock Stoppage: Games will be played with a running clock except the last two (2:00) minutes of the fourth quarter and free throws. On free throws, the clock will stop once the referee has relayed the foul to the table. Site supervisor or score table has the discretion to stop the clock earlier if necessary.
5. Mercy Rule: Takes effect when a team is leading by 15 or more, and is no longer in effect when the trailing team is within 10 points or less.
 - a. Offense – Leading team must implement strategy to not run up score such as: No fast breaks, encourage multiple passes, allow all players opportunity to shoot, etc.
 - b. Defense – Leading team must play “man-to-man” defense. No double-teaming, traps, or press. No full-court defense. Players may begin defending from the 3-point line extended. Players must play “hands up” defense – no stealing of passes or on the dribble.
 - c. Failure to comply will result in a warning. Subsequent violations will result in awarding the opposing team two points and possession of the ball.
 - d. All jump balls and quarter change possessions will be awarded to the team that is trailing.
 - e. 4th quarter only: Clock will continue to run, even on free throws and final 2:00.
6. Overtime regular season will consist of best-of-three free throws. Game ends in a tie if still tied after 3 attempts by each team. Overtime post-season will consist of a 2-minute period (running clock) with stoppage only on timeouts and free throws. OT will start with a jump ball. One timeout will be given to each team. OT is an extension of second half, so both player and team fouls will carry over. Second overtime is best-of-three / sudden death free throws. (See full rules for OT details)