

Denver Youth Sports | Winter 2025-26

Ages 9-10 & 11-12 Developmental Basketball Rules Quick Reference Sheet

	9-10 Division	11-12 Division
Duration of Game	(2) 12 min. halves	(2) 12 min. halves
Ball Size	28.5	29.5
Goal Height	10 ft	10 ft
Lane Violations	5 seconds	3 seconds
Free Throws	12 ft	15 ft
Personal & Team Fouls	Personal fouls called but no foul-out limit 7 team fouls per half = double bonus	Personal fouls called but no foul-out limit 7 team fouls per half = double bonus
Technical Fouls	Automatic 2 points and the ball	Automatic 2 points and the ball
Time Outs	(2) - thirty seconds, per half	(2) - thirty seconds, per half
Defense Allowed	Any half-court defense	Any
Full Court Pressing	Never allowed	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.

1. Games are instructional. Score will be kept during gameplay, but scores and standings will not be recorded.
2. Coaches will assign players to teams on a weekly basis, allowing participants the opportunity to play with different players throughout the season.
3. **ALL PLAYERS PRESENT MUST PLAY AT LEAST HALF OF THE GAME AND ALL PLAYERS SHOULD HAVE EQUAL PLAYING TIME.**
4. Clock Stoppage: Games will be played with a running clock except 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 Mercy Rule: Takes effect if a team is leading by 15 or more and is no longer in effect when the trailing team is within 10 points or less.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 will be awarded to the team that is trailing.
6. Games will be officiated by coaches and/or officials-in-training.
7. The following rules will be emphasized, with a focus on skill development and safety:
 - a. Sportsmanship, fouls, traveling, double dribbling, carrying, backcourt violations, 3/5/10-second violations, defense not getting back in a timely manner (ages 9-10).
 - b. Coaches/officials will blow the whistle and provide explanation of each rule violation.