

## Youth Basketball Rules

### 5U Coed (Boys & Girls)

**Hoop Height:** 8 feet

**Basketball Game Size:** 27.5 (Rookie Ball)

**Game Length:** (4) six (6) minute quarters

A running clock except for the final two (2) minutes of the 4<sup>th</sup> quarter.

**No free throws for 5U.** On **fouls** it will be **change of possession**.

**Timeouts:** Each Team has (4) 1-minute timeout per game. One timeout in overtime games.

**Subbing:** At the closest stoppage of play at the halfway point all players need to be subbed in each quarter.

**Example:** *The first (5) players will play the first 3-minutes the second (5) players will play the remaining 3-minutes of the quarter for all quarters. Players will sub in at the closest stoppage of play in the game.*

**Lane Violations :** 5 second Lane violation

**Full Court Defense:** **NO Full COURT DEFENSE FOR 5U.** TEACH THEM GET BACK AND GET A MAN **NO OVER TIME FOR 5U**

## Youth Basketball Rules

### 7U, 9U, and 11U Boys and Girls

**Hoop Height:** 7U: 8Ft and 9U-11U: 10Ft.

**Free Throw Line:** 7U-9U: 13'6" and 11U: 15Ft

**Basketball Size** Girls 7u-11u: 28.5

**Basketball Size** Boys: 7U & 9U: 28.5 11U: 29.5

**Game Length:** (4) six (8) minute quarters

A running clock with the exception of the final two (2) minutes of each half (2<sup>nd</sup> & 4<sup>th</sup> quarter).

Clock stops on ONLY Timeouts and Free Throws.

**Timeouts:** Each Team has (4) 1-minute timeout per game. One timeout in overtime games.

**Subbing:** At the closest stoppage of play at the halfway point all players need to be subbed in.

**Example:** *The first (5) players will play the first 4-minutes the second (5) players will play the remaining 4-minutes of the quarter for all four quarters. Players will sub in at the closest stoppage of play in the game.*

### **Lane Violations:**

7U & 9U will have 5 second lane violations.

11U official basketball rules for lane violations

### **Full Court Defense:**

**7U boys and girls** can only play full court defense **the last minute of each half** (2<sup>nd</sup> & 4<sup>th</sup> quarters) and any overtime period.

**9U boys and girls** can only play full court defense **the last two minutes of each half** (2<sup>nd</sup> & 4<sup>th</sup> quarters) and any overtime period.

11U boys & girls can play full court defense at any time.

**Shorthanded Rule:** Teams can start with one less than required to start play. We will still play the game. Coaches will divide the players up and evenly distributed amongst each team to play the game.

**Overtime:** There is no overtime in pre-season or non-league (*non-marble falls team*) games.

**Point Spread Rule:** In all divisions if any team is 20 points or more ahead, no full court defense (press) will be allowed by the leading team. The trailing team may continue to press.