



## YOUTH BASKETBALL LOCAL LEAGUE RULES AND REGULATIONS

The current issue of the National Federation of High Schools Rule Book will prevail other than the exceptions listed in this publication. FCPR as needed may issue Addendums and Clarifications to these rules. No other local league rule exceptions will be allowed. These are the sport specific rules – you must also obtain a copy of the Basic Rules For All Youth Sports for complete information.

### 1:00 AGE GROUPS / ROSTERS

1:01 For boys and girls in the following age groups:

- 8U
- 10U
- 12U
- 14U
- 17U

1:02 Winter League - league age is the age the player will be prior to April 1.  
Summer League - league age is the age the player will be prior to August 1.

1:03 Each team will have a minimum of 7 players on the roster.  
**Each team will have a maximum of 10 players on the roster for 8U, 10U, 12U.**  
**Each team will have a maximum of 12 players on the roster for 14U & 17U.**

1:04 Each team will have a maximum of 3 coaches on the roster.

### 2:00 EQUIPMENT

2:01 Only basketball shoes will be worn on the gym floor. Individuals must furnish shoes.

2:02 Shirts with numbers are mandatory.

2:03 The warm-up and game balls will be provide by FCPR. No outside or personal basketballs will be allowed in the gym.

2:04 **Shorts with pockets are not permitted.** Coach must cover the opening of the pocket with tape.

## **3:00 PLAYING RULES**

### 3:01 Timing rules for all leagues:

- Games will consist of 4 quarters.
- Each quarter will be 8 minutes with a running clock (until the last 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters).
- Half time will be 5 minutes.
- Overtime will be 4-minute periods with a regulation clock and will be an extension of the 4<sup>th</sup> quarter. (Exception: 8U league will not play overtime.)
- Note: in the 8U, 10U, and 12U leagues, each quarter will be divided into two 4-minute sub-quarters.

### 3:02 THE CLOCK WILL RUN DURING A FREE THROW ATTEMPT UNLESS:

- 1) The free throw is attempted in the last 2 minutes of the second and fourth quarters;
- 2) The free throw is attempted after a time-out;

**NOTE:** In the above situations, the clock will not be restarted until the ball is put back into play after the conclusion of the free throw attempts.

### 3:03 A team must begin a game with 5 players. (Failure to comply - forfeit).

### 3:04 Each team will be allowed 4 time-outs per game. All time-outs will be 1 minute.

### 3:05 PLAYER PARTICIPATION REQUIREMENT (8U, 10U, and 12U)

- Each player must play at least 4 minutes each quarter.
- There will be an official time-out at the 4-minute mark of each quarter so that coaches can make substitutions.
- Coaches will have 1 minute during the time-out to go on the court and make the necessary changes.
- NO SUBSTITUTIONS WILL BE MADE PRIOR TO OR AFTER THE 4-MINUTE MARK UNLESS THERE IS AN INJURY OR EJECTION.
- PLAYERS MUST LINE UP IN FRONT OF THE SCOREKEEPER TO CHECK IN TO THE GAME.
- ALL PLAY RULE DOES NOT APPLY IN OVERTIME.
- NOTE: If a team has less than 10 players present, some players will be allowed to play more than the minimum amount of minutes required. Example: Team A has only 9 players at the game; Ruling: Team A would be allowed to play 1 player more than the minimum amount.

### 3:06 The alternating possession arrow will determine which team will have possession of the ball at the beginning of each new 4-minute “sub-quarter” and on held balls in all leagues except 8U. In the 8U league, held balls will stay with the offense.

### 3:07 PLAYER PARTICIPATION REQUIREMENT (14U and 17U)

Each player must play in each quarter.

### 3:08 If a team violates the minimum play requirement, the head coach shall be suspended in accordance with the Code of Conduct.

3:09 Coaches are not obligated to play an individual the minimum time under the following conditions:

- A player is late for the game
- The player had an unexcused absence from practice in the week prior to the game
- A player has been a discipline problem
- A player has an injury that prevents them from playing

A coach who suspends a player according to this rule must notify recreation center staff, gym supervisor and opposing coach immediately. Coaches who use the exceptions to the All Play Rule to gain an advantage over another team will be removed from the coaching staff.

3:10 **8U, 10U, 12U leagues:** if a player is injured and cannot continue to play within a reasonable time, the official will allow a substitution to be made for the injured player. The opposing coach shall select the substitute. The injured player must return at the next dead ball, if physically able to play.

3:11 **GOAL HEIGHT:**

8U league – 8ft  
all other leagues – 10ft

3:12 **BASKETBALL SIZE:**

8U, 10U, 12U leagues– 28.5 intermediate  
14U, 17U leagues – 30.0 official

3:13 **BACKCOURT PRESSING:**

8U league - No player on the defensive team may check or press in the backcourt at anytime during the game. The defense must retreat to inside the 3 point line until the ball crosses the mid-court line.

10U league - No player on the defensive team may check or press in the backcourt until the last 2 minutes of the 4<sup>th</sup> quarter; teams can press the entire overtime period; cannot press when leading by 15 points or more.

12U league - No player on the defensive team may check or press in the backcourt until the 2<sup>nd</sup> half; teams can press the entire overtime period; cannot press when leading by 15 points or more.

14U and 17U leagues – Anytime except when leading by 15 points or more.

**ALL LEAGUES:** When pressing is not allowed, the defense must allow the ball to cross the half court line into the frontcourt.

**PENALTY FOR VIOLATION:**

- **1st offense** – warning to the offending team.
- **Starting with the 2nd offense** a technical foul will be assessed to the offending team and the offended team will be awarded 2 free throws and the ball.
- **The coach is not ejected.**

3:14 The 3 second lane violation will be enforced in all leagues EXCEPT 8U league.

3:15 **FREE THROWS / BONUS**

Beginning with a team's 7<sup>th</sup> foul in each half and for the 8<sup>th</sup> and 9<sup>th</sup> foul, the bonus is awarded only if the 1<sup>st</sup> free throw is successful. Beginning with a team's 10<sup>th</sup> foul in each half the bonus is awarded whether or not the 1<sup>st</sup> free throw is successful.

**3:16 FREE THROW DISTANCE / ADMINISTRATION**

- 8U league – 12 ft from backboard
- 10U league – 12 ft/15 ft from backboard (optional)
- all other leagues – official distance
- in accordance with National Federation rules, the first lane block must be unoccupied

**3:17** Players in the 8U league will foul out on their 6<sup>th</sup> foul.  
In all other leagues, players are eliminated with their 5<sup>th</sup> foul.