



Youth Basketball Rules

GENERAL INFORMATION

1. Team Composition

- a. Teams must have five (5) players rostered and paid before being added to the league schedule.
- b. The rules and regulations for multi-age teams will be the older age (IE: 10-12U will utilize regulations for age 12 players).
- c. Player age will be determined by the birth month of the player for the following month after the scheduled end of the season. (Example: a season running from January 1 to March 15, a player who turns 10 on March 1 will be considered a U10 player whereas a player who turns 10 on April 1 will be considered a U9)
- d. Teams can have no fewer than three (3) players to play a game.
- e. If a team drops below three (3) legal players, the game shall be declared a forfeit.
- f. Players cannot be added to rosters after Week 1 except for injury or unforeseen circumstances. The latter will be considered by the Sports Director and Basketball Coordinator on a case-by-case basis.
- g. If a player does not have a number on their uniform, they shall check-in with the timekeeper with their preferred number and must present it to the referee upon request. Any unsportsmanlike conduct during a request for a number shall be assessed a Technical Foul.

- h. All players will be required to play a minimum of 25% of allotted game time provided they are physically capable and not injured.
 - i. Only team personnel registered as managers or team contacts shall be allowed within the player's bench area. A violation of this rule shall result in an automatic Technical Foul.
 - j. Only Head Coaches may address referees. A violation of this rule shall result in an automatic Technical Foul.
 - k. Guest players may be added on a temporary basis under the following conditions:
 - i. The player must be of the appropriate age to play. No "playing down" in age.
 - ii. The player is a maximum of one division up or two divisions down in ability within the same age group.
 - iii. The player is not allowed to be added as a guest after the game has reached halftime.
 - iv. The player must be listed as a "guest" or other euphemism on the scoresheet, and must have paid the appropriate guest fee per Field House policies.
 - v. Guest players are subject to review and/or approval by the Basketball Coordinator.
 - vi. Guest players are not allowed in playoff games.
 - l. All players must have signed waivers on file with the Field House to be allowed to participate in games.
 - m. No refunds will be granted unless the Field House is at fault for a cancellation or other issue.
 - n. Player registrations may only be transferred to another player in the instance of injury or movement away from a reasonable distance from the Field House. Documented proof must be presented to allow for a roster transfer. *Transferring registration to another player without injury or movement is against Field House policy*
2. Ball + Court Composition
- a. The ball must be adequately inflated and must have a smooth, grippable surface.
 - b. A Size 7 (29.5") ball will be used for all coed divisions. A Size 8

(28.5") ball will be used for all Girls divisions.

- c. Teams may choose to either use a personal ball or one supplied by the Field House.
- d. The primary referee (R1) shall have final authority over which ball is used.
- e. In the U9 and under division, the baseline will be a parallel line extended from the boundary of the basket's base. Any ball contact (as defined in NFHS rules) with the base of the basket shall be considered out of bounds.

3. Game Timing

- a. All games shall consist of two 18-minute halves in the U9 and below divisions and two 20-minute halves U10 and up.
- b. Teams will be allowed a minimum three minute warm-up regardless of game start time (I.E.: if the prior game runs over).
- c. If a team does not have a minimum of three players available before the start of the game, a five minute timer shall start. After this timer expires, if the team gains enough players to start the game, the opposing team shall shoot two Technical Free Throws and gain the first possession. This technical foul will not count against any personnel.
 - i. After the first five minutes expires, another five minute timer shall start. If the shorthanded team still does not have enough players at the end of this time, the game shall be declared a forfeit.
- d. Time shall run during all stoppages with the following exceptions:
 - i. During a legal time-out
 - ii. In the final two minutes of the second half, provided the score is within fifteen (15) points (10 in U9 and under) points.
 - iii. Injury time-outs, as determined by the referees.
- e. In the event of a tie game at the end of regulation, teams shall play an additional three (3) minutes or the first team to score six points, whichever comes first.
 - i. If the game is still not determined after three minutes, the game shall enter "sudden victory" where the next score wins.

- ii. Overtime in the U9 and under divisions will be "sudden victory".
- f. Teams shall have four (4) thirty-second time-outs to use per game. No time-outs will be allowed in overtime.

4. Foul Regulations

- a. Teams are allowed six (6) defensive fouls per half without additional penalty.
- b. After the seventh (7) team foul, the offended team shall be granted two (2) shots on every defensive foul. There is no one-and-one, in an attempt to merge with NFHS standards.
- c. The game clock shall run during all free-throws unless game situations listed in Rule 3(b) are in effect.
- d. Free throws at the end of the game must be taken, even if they do not affect the result of the game.
- e. Players will be disqualified from the game after six (6) personal fouls in age brackets U10 and up. Personal fouls will not be counted in U9.
- f. Players and coaches shall be disqualified from the game after two (2) Technical Fouls regardless of age division.
- g. If a player or coach is disqualified twice during the season for Technical Foul violations, they shall be suspended from all further play until their case is reviewed by the Sports Director or Basketball Coordinator.
- h. If a player or coach receives a total of five (5) technical fouls throughout the season, they shall be suspended from all further play until their case is reviewed by the Sports Director or Basketball Coordinator.
- i. Violent conduct shall not be tolerated. Flagrant Fouls will be addressed by referees whenever it is deemed appropriate for any kind of violent behavior regardless of severity. If a Flagrant Foul is assessed, the offending player or coach will be automatically disqualified from the game and will be suspended from all further play until their case is reviewed by the Sports Director or Basketball Coordinator.

5. Defensive Rules

- a. U9 and below:

- i. Players are not allowed to pressure ball handlers until they are within 3' of the three-point arc.
- ii. Referees are encouraged to call a violation if they deem teams are "time-wasting" (example: dribbling to nine seconds before a ten second violation or sitting out past the 3' playable arc). A violation will result in a throw-in in the offending team's end for the opposing team at the 30' line.
- iii. Coaches are heavily encouraged to play "man" defense for developmental purposes. Zone defense is allowed but discouraged.

b. U10:

- i. Players are allowed to pressure ball handlers once they cross half-court.
- ii. Referees are encouraged to call a violation if they deem teams are "time-wasting" (example: dribbling to nine seconds before a ten second violation). A violation will result in a throw-in in the offending team's end for the opposing team at the 30' line.
- iii. Coaches are heavily encouraged to play "man" defense for developmental purposes. Zone defense is allowed but discouraged.

c. U11 and up:

- i. Players are allowed to give full-court pressure unless the score difference is fifteen (15) or more points in the second half.
- ii. There is no "time-wasting" provision in U11 and up.
- iii. Coaches are encouraged to play "man" defense, but are less discouraged from playing zone defense as players get older to prepare them for scholastic teams.

6. Standings + Playoffs

- a. Teams will make playoffs in separate "A" and "B" divisions based on standings.
 - i. The top half of teams will make the "A" division playoffs.
 - ii. The bottom half of teams will make the "B" division playoffs.
- b. Tiebreakers for seeding purposes will be as follows:

- i. First tiebreaker: Number of forfeits (less is more)
 - ii. Second tiebreaker: Number of technical fouls (less is more).
Flagrant fouls will count as two for these purposes.
 - iii. Third tiebreaker: Points allowed during the season.
 - iv. Fourth tiebreaker: head-to-head record.
 - v. Fifth tiebreaker: Coin flip
- c. Playoffs are single-elimination.

COORDINATOR'S NOTE: This league is designed to give players a safe environment to develop as people and as athletes. As such, our rules are written with player development in mind. While wins and losses are nice, our ultimate goal is to prepare players for whatever they decide to pursue in their lives, be it athletic or otherwise. Sportsmanship and a positive mindset are paramount.

ALL RULES NOT EXPRESSLY COVERED IN THIS DOCUMENT SHALL BE ADDRESSED BY NATIONAL FEDERATION OF HIGH SCHOOLS (NFHS) RULES. A COPY OF THE NFHS RULEBOOK WILL BE KEPT AT THE FRONT DESK AND MADE AVAILABLE TO FIELD MARSHALS.

Policy Updates

In the event a player needs to be replaced due to injury or moving out of reasonable distance to the Fredericksburg Field House, the policy update is as follows:

- **Documented proof for the reason a registrant requests a roster injury replacement must be verified before player is replaced; ie... moving to another state, serious prolonged injury preventing registrants from participating in leagues, camps, or clinics they registered for.**
- **Refunds will only be issued based on a field house game or season cancellation or other cause by fault of the field house.**
- **Credits to accounts will be issued on a case-by-case basis.**

****Transferring roster spots from a player who is/was not injured or moved out of state or decides not to finish a season, to another player not on the roster, is**

prohibited and is a direct violation of the new Fredericksburg field house league policy.**

- A. Players are required to present a state or government issued identification card to the field marshal during check in before each game whether you are a rostered player or guest player.**
- B. Players will present a guest player slip to the field marshal at check in prior to the start of the game. Guest players will pay a guest player fee for each team they guest play on.**

Note: If a player is caught guest playing on any team other than the team they purchased a guest player slip for, they will be suspended for a length of time at the Director's discretion. Repeat violators of this rule will be suspended for 2 consecutive seasons up to one year.

Coaches, Players, and Spectator Conduct Policy

All players not on the court of play, coaches, and family & friends spectating at games are to remain off of the court at all times. At no time should anyone use curse words, threatening gestures, or threatening comments or threatening actions towards a referee, field marshal, or other team's players. Failure to do so will result in automatic suspension for two games. If a player receives a red card in a game, they will be suspended for the remainder of that game and the next game. We have a zero tolerance policy at the Field House. Repeat violators will be removed from the league for the remainder of the season with no refund and with the possibility of not being able to participate in any of the following seasons during the calendar year at the Directors discretion.