



## 2013-2014 Youth Basketball Rules (10U)

The goals of the league are to teach fundamentals, develop skills, promote good sportsmanship, and encourage participation. Coaches should play all players a similar amount of time. There is a minimum playing time of five minutes per half. No standings will be kept. No trophies will be awarded. There are no playoffs for this league.

1. 10 & under league rules will govern play. Rules not covered by league rules will be governed by the NFHS rule book.
2. Ball: Junior size ball must be used. Size 5 (26.5" - 28" depends on the manufacturer).
3. A team must have at least 4 players to start the game.
4. The official working the clock will keep track of the score, personal fouls, team fouls and time outs. It is recommended each team keep a score book.
5. Game time: Two-20 minute halves running time, except time outs. Clock stops last 2 minutes of each half. Exception: If one team is leading by 20 or more points, there will be no stop time for the last 2 minutes of the game. There will be 5 minutes between halves.
6. No overtime. Game remains a tie.
7. Time outs: Two per half (no carry-over).
8. No Zone Defense.
  - When an official deems a team to be using a zone defense, the following penalty will be assessed:
    - 1<sup>st</sup> offense: warning
    - 2<sup>nd</sup> offense: technical foul
    - 3<sup>rd</sup> offense and thereafter: 2 points will automatically be awarded to the offensive team; offensive team keeps the ball.
9. No Four Corner Offense. Originally the four corner offense was designed to run time off the clock. Recently it has evolved to be used as an offense that takes advantage of a team's best offensive one-on-one player by spreading the floor. This creates a situation that undermines the league goals and MAY NOT BE USED in this program.
  - When an official deems a team is using a four corner or isolation offense the following penalty will be assessed:
    - 1<sup>st</sup> offense: warning
    - 2<sup>nd</sup> offense: technical foul (2 points will automatically be awarded to the defensive team; defensive team gets the ball).
10. No Pressing allowed. The defensive players MUST retreat below or within the three point line on their side of the court and can only play defense once the ball crosses half court. As always, if the offense tries to fast break you may play defense anywhere on the court.
11. No double teaming the ball. The definition of double teaming means that you cannot have two, three, four or five people guarding the ball. The intent of our program is to play one-on-one basketball defensively. This will be penalized as a zone defense (See Rule 8). In the situation where a player has broken away from the person guarding him or her, another defensive person can help out. No double teaming also applies to a throw in from out of bounds.
12. **(New for 2013-2014 season) All Technical Fouls will result in two points automatically put on the board and possession of the ball will go to the non-offending team.** NOTE - A single flagrant foul, the second direct technical foul or the third technical (any combination of direct or indirect) charged to the head coach results in disqualification, the coach is ejected from the game and will be suspended a minimum of one week. No exceptions!!!
13. ***All ejections will result in a minimum of a one (1) week suspension. Municipal Athletics reserves the right to impose additional penalties as warranted based on the severity of each situation. In addition, any unsportsmanlike conduct deemed severe enough by the on-court officials may warrant an automatic ejection.***
14. Basket height: 8 feet for all divisions, **exception 10U Boys Advanced (10 foot rims, see Youth Basketball Bulletin)**

15. Free throw line: 12 feet. Players may step over the line on the follow through.
16. Lane Violation: 5 seconds. The lane goes from the twelve-foot free throw line to the end line. The area between the twelve-foot free throw line and the normal fifteen-foot free throw line will not be called.
17. Three Point Shot: Will be counted.
18. 20-Point Rule: At no time during the game will the difference in the posted score be more than 20 points. Once a team is ahead by 20 points, no more points will be awarded to that team until the opposing team is back within 20 points.
19. If the team fails to show up on time or is short players:
  - the team is given a 5 minute grace period and then 20 minutes is put on the clock.
  - If the team shows up, the time remaining on the clock is the time left in the first half.
  - if there is 5 minutes remaining on the clock and the team does not show up, the game is forfeited.
20. **(New for 2013-2014 season) Coaches shall remain seated on the bench at all times during the game with the following exceptions:**
  - a) During a charged time-out, coaches may leave the bench to confer with players at or near the bench.
  - b) In case of an injury, coaches may leave the bench to aid an injured player, provided they are beckoned on the court by an official.
  - c) During an intermission, coaches may leave the bench to attend to their squads.
  - d) Requesting a prevention or rectification of a correctable error (Rule 2-10) as specified under rule 5, Section 8, Item 4. (Responds to the scorer's signal to grant a coach's request that a correctable error be prevented or rectified. Such a request shall be presented while that ball is dead and the clock is stopped. The appeal to the official by the coach shall be presented at the scorer's table where a coach of each team may be present).
  - e) Stand up to show approval for an exciting play in the game, when a basket is scored or an outstanding play takes place by a member of their team, and then must immediately return to the bench.
  - f) The coach may stand up to call time-out when his/her team has the ball, whether the clock is running or not and signal, forming a "T", calling a time-out.
  - g) Stand up to congratulate a player being substituted for.
  - h) The coach may confer with personnel at the scorer's table regarding a timing error, scoring error, or alternating possession error. If an error is not prevented or corrected, the team will be charged with a time-out.
  - i) A coach will be allowed to stand and confer with a player(s) whenever the clock is **not** running. Communication with the player(s) only, should be done in a positive manner and shall take place directly in front of where the coach was seated. When the clock starts following a throw-in or last missed free throw, the coach shall return to his/her seat. The officials will not delay a throw-in administration to permit a coach additional dead clock time to visit with player(s). This will allow coaches additional opportunities to stand up and instruct players while the clock is **not** running during the game.
  - j) Disqualified player: Upon the head coach's notification of the disqualified player, the coach may stand and congratulate the disqualified player and walk the confines of his/her bench to select a replacement for the disqualified player. The rule states, a disqualified player must be replaced within 20 seconds from the time the coach is notified. Any unsporting acts on the coaches part are subject to being assessed a technical foul.

***Penalties: First offense: warning, second & third offense: technical foul (Automatic 2 points put on the board plus possession of the ball to the non-offending team). NOTE - A single flagrant foul, the second direct technical foul or the third technical (any combination of direct or indirect) charged to the head coach results in disqualification, the coach is ejected from the game and will be suspended a minimum of one week. No exceptions!!!***

***21. A maximum of two coaches and one score keeper may be on the team bench during any game. The scorekeeper may not act as a coach. Also, coaches' children, unless they are players on the team, will not be allowed to sit on the bench. No exceptions!!!***

***22. Challenging ineligible players: age or non-rostered. Coaches will notify the official immediately. The official will have the player sign his/her name on a card and then the card will be given to the site manager. The youth may still continue to play. The challenge will be addressed with as soon as possible. If the official asks a player to sign the challenge card, he/she must sign the card or he/she will not be able to continue playing.***

23. Due to limited seating, it is preferred that teams show up no more than ½ hour before their scheduled game and that all players leave the site as soon as possible after their game.

24. The last day to change or add players to team rosters is January 10, 2014.

## **NFHS – 2013-14 High School Basketball Rules** ***Basketball and your Child's Safety!***

The following information has been provided to give parents, coaches and officials an awareness of the importance of safety for our participants in St. Paul's youth basketball program.

### **RULE 3, SECTION 5 – TEAM MEMBER'S EQUIPMENT, APPAREL**

**ART. 1** ...The referee shall not permit any team member to wear equipment or apparel which, in his/her judgment, is dangerous or confusing to other players or is not appropriate.

**ART. 4**...Wristbands and headwear shall meet the following guidelines:

- d.** Rubber, cloth or elastic bands may be used to control hair. Hard items, including but not limited to, beads, barrettes and bobby pins, are prohibited.
- e.** Head decorations and headwear, except those specified above, are prohibited.

**THIS RULE CANNOT BE MODIFIED BY TAPE COVERING ITEMS ON THE HEAD, OR ITEMS ON THE EARS, SUCH AS PIERCED EAR RINGS, STUDS, ETC. (EVEN WHEN NEWLY DONE).**

**THIS RULE IS REGARDED AS IMPORTANT TO PLAYER SAFETY.**

The goal of Saint Paul Parks and Recreation's youth basketball program is to provide a safe and positive environment to learn the game of basketball. This includes learning and adhering to the rules of the game as outlined in the National Federation of High Schools rule book, with some of our own modifications.

**Rule 3, Section 5 and Section 7** include rules that outline approved equipment and apparel.

In past years, more and more players would show up each week with barrettes and decorations in their hair, jewelry, bracelets, earrings, and studs from newly pierced ears that pose a threat to the safety of other players and themselves. All of these items are unsafe and cannot be worn while playing, even when covered with tape.

Because we are concerned about the safety of your child and others, please do not send your player to games with items that are unsafe. Also, know that if players do show up to play with items that are unsafe, they will be held from participation until those items are removed.

***This is for everyone's Safety!***