



## **Basketball Rules and Regulations**

**Revised 11/1/24**

### **Age Groups & Team Requirements**

- Age group eligibility is determined by a participant's age as of September 1st of the current year. [L][SEP]
- Co-Ed Age groups will be composed as follows: 5/6 years old [L][SEP] 7/8 years old 9/10 years old 11/12 years old [L][SEP]
- Teams must have 4 players present at game time to begin the game. A game may be played with 4 players. [L][SEP]

### **Goal Heights and Ball Sizes [L][SEP]**

- Age 5/6 - 8' goal, junior size (27.5") ball [L][SEP]
- Age 7/8 - 8.5' goal, junior size (27.5") ball [L][SEP]
- Age 9/10 - 10' goal, intermediate (28.5") ball [L][SEP]

- Age 11/12- 10' goal, intermediate (28.5") ball
- Age 13/15 - 10' goal, full size (29.5") ball [L] [SEP]

## General Rules for All Age Groups [L] [SEP]

- All games will be played with 6:00/7:00 quarters, running time. [L] [SEP]
- The game clock will stop for free throws and injuries, and the last minute of each quarter on all dead balls.
- Each player plays at least one (1) uninterrupted quarter.
- 2- 60 second timeouts per half. Five (5) minute halftime.
- Teams with a 20pt. lead must play defense in the paint. [L] [SEP]
- 5 personal fouls will disqualify a player.
- Coaches should remain on the bench. One designated head coach standing.
- Overtime rules: 5/6 & 7/8 will play one 3-minute overtime period and then a free-throw shootout (if needed) to determine a winner. 9/10, 11/12 & 13/15 will play up to two 3-minute overtime periods and then a free-throw shootout (if needed) to determine a winner. A free-throw shootout will be conducted as follows: Each team will choose two players to shoot one free-throw each, one at a time. If the two teams are still tied once all four shots have been shot, then one player from each team will shoot until there is a winner. A coin toss will determine which team shoots first.
- Unsportsmanlike conduct from coaches, players or spectators will not be tolerated.

## **Age Specific Rules**

### **5/6 year olds**

6:00 minute quarter. Defense must be played in the paint. This is a scored instructional league with an emphasis on teaching dribbling, shooting and rebounding. Dribbling rules are relaxed but fouls will be warned first, then fouls will be called. A five second lane rule will be enforced. Offensive players are not allowed to camp out in the paint. We will also enforce excessive boxing out before a shot is taken. A warning will be issued before fouls will be enforced. We will institute a delay of game warning also. If in the eyes of the official a coach is stalling because he has a lead, a warning will be given. The next warning given will require the warned team to get the ball inside of the offensive teams 3pt line within 10 seconds and a shot on goal or an entry pass into the paint every 5 seconds while they are in possession of the ball.

### **7/8 year olds**

6:00 minute quarter. Teams may not pick up defensively until the offensive team reaches the 3pt. line on their side of the court. Half court trapping and pressing are allowed in the 4th quarter once the offensive team crosses the half court line. 3pt. shots are only scored as a 3pointer in the fourth quarter.

### **9/10 year olds**

6:00 minute quarter. Teams may not pick up defensively until the offense team crosses half court. There is no full court defense, press or trapping until the 4th quarter.

### **11/12 year olds**

7:00 minute quarter. Teams may not pick up defensively until the offense team crosses half court. There is no full court defense, press or trapping until the 4th quarter. Normal, LHSAA rules basketball except for general rules above.

### **13/15 year olds**

7:00 minute quarter. Normal, NFHS rules, as stated by the LHSAA handbook, basketball except for general rules above.