

Youth Basketball Rules

Age Requirements:

A player's age as of December 31st the current year will determine the age group they participate in:

6U League: ages 5-6

9U League: ages 7-9

12U League: ages 10- 12

16U League: ages 13-16

Purpose:

The purpose of the Ayden Youth Basketball Program is to provide a wholesome recreational activity for boys/girls ages 5-14 that will help them to build self-esteem and teach them the basic fundamentals of basketball.

The program is designed for the following purpose:

- To help players learn the basic skills of basketball.
- To help players develop self-discipline and build positive attributes such as teamwork, respect for authority and good sportsmanship.

Rosters and Registration:

- All players will be entered into the draft every year.
- The draft will take place following the registration period. A second draft may occur to fill remaining roster spots.
- Draft order will be determined by picking numbers out of a hat.
- For other Draft rules see Youth Sport Manual

Gym Rules and Sportsmanship:

- No alcoholic beverages are allowed on recreation property. This is a state law. If necessary, proper legal action will be taken to enforce this rule.
- A coach, player, or spectator with alcohol on their breath will be asked to leave the recreation area.
- No tobacco products—smoking, chewing, dipping, etc. Are allowed in the gym or practice area.
- No profanity
- No negative cheering
- Children not participating must be under supervision by a parent/adult at all times. No children may be unattended at any time in any facility.
- No hanging on baskets or nets
- No spitting on gym floor

General Players Rule:

- No jewelry, watches or any accessory of hard materials may be worn during games.
- Tennis shoes must be worn during games.
- Players must wear their team shirt for all games.

General League Rules

Ayden Arts and Recreation Department will utilize the National Federation of High School rules except as modified within:

- **GAME CLOCK**: Games will consist of four six (6) minute quarters. The clock will be a (6) minute running clock for the (1st) and (3rd) quarters. In the (2nd) and (4th) quarters the clock will run continuously until the last 2 minutes of each quarter. During the last 2 minutes, the clock will start and stop according to National Federation of High School rules. When it is a 'running' clock, the only time the clock will stop is for time outs, injuries and player positioning for free throws. Once the players are set up and in position for the free throw the clock will resume running. The clock will stop for free throws only to give each team time to set up for the free throws. It is urged that the players line up in a prompt manner. If this is abused then we will resort back to a running clock during free throws.
- **OVERTIME**: Overtime periods will be two minutes with a regulation clock. Each coach will have 2 time outs
- **MINIMUM NUMBER OF STARTERS**: A team must begin the game with four players. (Failure to comply—Forfeit) It is the opposing team's option to start the game playing 5 on 4 instead of playing 4 on 4. Some coaches will choose to play 4 on 4 make it fair, but this is not mandatory.
- **TIME OUTS**: Each team will be allowed (2) sixty second timeouts that can be used at any point in the game. Keep in mind in the 1st, 2nd, and 3rd quarters there will be a 30 second timeout after the first 3 minutes to enforce the 3 minute participation rule. This will allow the coach to have a total of 5 timeout during the game.
- **GRACE PERIOD**: 10 minute grace period for the 1st game of the night. There will be no grace time allowed for any games other than the 1st game. Games will be scheduled every 45 minutes
- **CHECKING PLAYERS IN**: All players must check in with the score keeper before the start of the game. Also any players arriving late must check in with the score keeper before entering the game.
 - **Late Players**: Any player that arrives once the game has started must check in with the scorekeeper. The coach is NOT obligated to play the late player during the quarter he/she arrive late to. This is the coaches' decision rather or not they want to substitute them at the 3 minute mark.
 - **Players** entering the game must check-in with the scorekeeper wait until the official/scorekeeper motions for them to enter the game.
- **3 MINUTE PARTICIPATION RULE**: For the first, second, and third quarter of the game the three minute rule will be in effect. This rule states that after the first three minutes of play the clock will stop and the coach will sub in all the players on the bench. The score keeper will hit the buzzer to indicate when the first three minutes have passed. The ball will be rules dead at any point of the play expect when the ball is actually passing thru the hoop. It will be the official's discretion on whether or not the point will count. Once the buzzer goes off, the coach must put in every player on his/her bench. If the coach does not have 5 subs to put in he/she can use the

original starters to make up the difference. This break in the game will be used as a 30 second timeout from the time the buzzer sounds. A coach can start each quarter with a different starting five. The fourth quarter will be free substitution and the participation rule does not apply.

- **ILLEGAL SUBSTITUTION:** If a coach substitutes a player from the bench that is not properly check in with the score keeper it will result in a technical foul on the bench and the player will be re-subbed with the original player. Substitutions can only be made that the 3 minute mark or the 4th quarter.
- **MERCY RULE:** Any team winning by 15 or more points will not be allowed to defend half/full court and may only defend within the 3 point line. The player must keep his feet and arms inside the three point line. This rule applies only to the team that is winning. We will remain in this defense until the score is within 10 points. Violators will receive one warning. A two shot penalty plus ball out of bounds will be called for each violation thereafter.
- **PLAYING TIME:** All players in good standing will play the minimum time required in each game. Failure to comply will result in a one (1) game suspension for the head coach. A second offense will result in tie removal of the coach for the remainder of the season.
 - Coaches are not obligated to play an individual the minimum time under the following conditions:
 - If a player arrives late to the game, the coach does not have to abide by the 3 minute participation rule for that specific quarter. Once that quarter is over, coach must abide by the league rules.
 - A player has been a discipline problem.
 - A player has an injury that prevents them from playing.

Coaches who use the exception to the all play rule must notify the gym supervisor and opposing coach prior to the start of the game. Coaches who use the exceptions to the all play rule to gain an advantage over another team will be removed from the coaching staff.

- **PLAYERS FOUL OUT:** If a player has fouled out, he/she must remain on the bench the duration of the game. They should not go sit in the bleachers or leave the gym.
- **COACH:** Two coaches per team will be allowed on the bench.
- **TOURNAMENT:** The tournament will be held directly after the regular season. Tournament brackets will depend on the number of teams participating. All regular season rules will apply to the tournament. Tournament will be single elimination unless otherwise stated. Seating for the tournament will be determined by the regular season standings. If two teams have the same season recorded head to head play will determine the seeds. If head to head play is equal, then a flip coin will determine the seeds.

Division Rules

6U CO-ED BASKETBALL

5 -6 years old: This non-competitive league to teach this age group the fundamentals of basketball.

Game Rules:

- Goals lowered to 6ft or portal roll out goals will be used
- Games will consist of four (4) 4 minute quarters
- The clock will stop at the 2 minute mark in the 1st, 2nd, and 3rd quarters for coaches to make substitutions.
- Clock will run continuously
- After 1st, 2nd and 3rd quarter every player will shoot one free throw
- Halftime will last 2 minutes
- Two coaches per team will be allowed on the court
- Defensive players must play a zone with one foot in the paint area
- Defensive players may only leave the paint when chasing rebounds
- Once possession is established, players must return to defensive position
- Non-shooting fouls will result in player warning and opportunity for coach to help player understand the warning, second infraction could result in possession change when necessary. (per possession)

9U BASKETBALL GIRLS

7-9 years old: This league is to teach the fundamentals, skills, and team building.

Game Rules:

- Halftime will be 3 minutes long
- Official Women's Basketball (28.5) will be used.
- Goal height will be 8 feet 4 inches.
- Foul Line will be ten (10) feet or the 15 foot line.
- 1st, 2nd, and 3rd quarters must play defense inside the 3pt arc and 4th quarter half court press is allow.
- Violators will receive one (1) warning. A two (2) shot penalty plus the ball out-of-bounds will be called for each violation thereafter

9U BASKETBALL BOYS

7-9 years old: This league is to teach the fundamentals, skills, and team building.

Game Rules:

- Halftime will be 3 minutes long
- Official Women's Basketball (28.5) will be used.
- Goal height will be 8 feet 4 inches.
- Foul Line will be ten (10) feet or the 15-foot line.
- Defense in the backcourt is not allowed on any inbounds play expect in the 4th quarter.
- Violators will receive one (1) warning. A two (2) shot penalty plus the ball out-of-bounds will be called for each violation thereafter

12U BASKETBALL GIRLS

10-12 years old: This league develops gross motor skill fundamentals and competitive play.

Game Rules:

- Halftime will be 3 minutes long.
- Official Women's Basketball (28.5) will be used.

- Goal height will be 10 feet.
- Foul Line will be ten (10) feet or the 15-foot line.
- Defense in the backcourt is not allowed on any inbounds play expect in the 4th quarter

12U BASKETBALL BOYS

10-12 years old: This league develops gross motor skill fundamentals and competitive play.

Game Rules:

- Halftime will be 3 minutes long.
- Official Women's Basketball (28.5) will be used.
- Goal height will be 10 feet.
- Foul Line will be ten (10) feet or the 15-foot line.
- Defense in the backcourt is not allowed on any inbounds play expect in the 4th quarter

16U BASKETBALL GIRLS

13-16 years old: This league reinforces the fundamentals and gross motor skills in a competitive environment putting emphasis on sportsmanship.

Game Rules:

- Halftime will be 3 minutes long.
- Official Women's Basketball (28.5) will be used.
- Goal height will be 10 feet.

16U BASKETBALL BOYS

13-16 years old: This league reinforces the fundamentals and gross motor skills in a competitive environment putting emphasis on sportsmanship.

Game Rules:

- Halftime will be 3 minutes long.
- Official Men's Basketball will be used
- Goal height will be 10 feet.

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