

Youth Basketball League – Rules of Play

9 – 10 “Junior” Division



Game Procedure

- 1) Games will consist of two 20-minute halves with substitution intervals every five minutes.
- 2) The rim will be set at a height of ten feet (10’).
- 3) Games will be played with a size 29.5” regulation-sized basketball.
- 4) Subs will enter at the first dead-ball at every 5-minute mark within the first half. **Free substitutions will only be allowed during the final 5 minutes of the second half.** Subs will enter at the first dead-ball at every 5-minute mark within each half. Free subs will be required to kneel at the scoring table until the next dead ball and may not come straight from the bench.

Clock Operation

- 1) The games will utilize a running clock. The clock will only stop:
 - a. During time-outs (Each team will receive one (1) time-out per half).
 - b. On a dead ball during the last two minutes of the second half if the score differential is 9 or less.
 - c. Whenever indicated by the referee for injury or other delay.

General Rules

- 1) Modified High School rules will govern the games unless otherwise indicated by league officials.
- 2) 5-Second lane violations will be enforced. No offensive player may be in the lane for more than five seconds without completely exiting the lane area before re-entering.
- 3) Each player has 4 personal fouls to give. On the fifth personal foul, the player is disqualified (fouled out) regardless of time played.
- 4) Teams will shoot the one-and-one bonus on the seventh (7th) team foul. On the tenth (10th) team foul, 2 shots will be awarded (double bonus).
 - a. Team fouls will accumulate per half, not by quarter.
- 5) Each team will be permitted a single (1) 1-minute time-outs per half. One additional time-out will be awarded for an overtime period. No time-outs from any previous periods may be carried over to any successive periods.

Playing Time

- 1) Each player must play at least two full periods and sit out at least one (1) period **per half** unless no subs are available. **Best practice is to “empty the bench” at each substitution period until free subs are allowed.**
- 2) No player may play less than the required time except for injury, illness, or being disqualified (fouling out, technical fouls, etc.). Any time missed due to a player arriving late counts as time played.
- 3) In any overtime periods, previous time played has no bearing.
 - a. Only players disqualified due to fouls or ejections will be ineligible.
- 4) If the score is tied at the end of regulation, an overtime period will be played. Overtime will last two minutes. The clock will run as noted above in the final 2 minutes of the second half. If the score is still tied at the end of overtime, then sudden death overtime will be played. The first team to score wins.

Defense Rules

- 1) No double-teaming, *except on or below the free throw line and extending all the way across the court.*
- 2) On or below the FREE THROW LINE any number of defenders may guard any offensive player.
- 3) The call for double-teaming above the free throw line: is an illegal defense warning. First offense per half will be a warning and any repeat offense in the same half will result in 2 free throws and the ball for the opposing team.
 - a. A referee will not blow the whistle during a double team if a shot attempt or drive to the basket is in process. This could disallow a potential basket and is at the referee’s discretion.
- 4) No defense can be played in the back-court at any time.
- 5) During the last two minutes of the game, illegal defense (double-team) is not enforced.
- 6) Stealing the ball off the dribble is allowed above the free throw line if it is during single coverage.
- 7) Zone Defense is allowed but defense must adhere to the no double team rule.

Offense Rules

- 5) A player may only score a maximum of 24 points. Any baskets made after this mark is hit, will result in 0 points and the ball will be awarded to the other team.
- 6) In overtime periods, players having “pointed out” (scored over 24 points), are allowed to score an additional 6 points.