

# **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 (7<sup>th</sup>) team foul. On the tenth (10<sup>th</sup>) 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.