



TEAMX RULES

The game format, rules for game play, and substitution system which are unique TeamX Basketball are designed to provide the best sports experience for every child.

Game Format

A unique element of TeamX Basketball is the game format:

- Games consist of two 20 minute halves and a 2 minute halftime. This keeps games to approximately a 40-minute time frame. It also allows games that are scheduled on the hour to begin and end on time.
- A coin toss or other impartial method determines which team receives possession first. In jump-ball situations, possessions will alternate. This promotes fairness for both teams while adhering to the National Federation of High School rule for jump ball situations.
- During each five-minute segment the clock runs continuously. The clock will stop at the end of each segment for predetermined substitutions. This substitution process was discussed at the coaches meeting and a sheet provided to each Head Coach. This allows coaches to line up and match substitutions based on height and ability without wasting valuable game time. This time should not be treated as a timeout. This is a great time for cheerleaders to do a quick cheer.
- No timeouts are used in Team X Basketball. This allows more playing time and keeps the games on time.
- At the end of each five-minute segment, the team that receives the ball next is determined by the direction of the possession arrow. Therefore, an end-of-the-period shot is encouraged. Players and spectators enjoy seeing a last second shot attempt. It also avoids the offensive team from stalling at the end of a period.
- Teams switch goals at halftime. This is in compliance with NFHS Rules. Also, it evens any advantage that may occur because of the court.
- Scores are kept in all divisions as we will try to have a playoff bracket during the last two weeks of the season. The focus is to learn fundamentals, not winning and losing but the competitive nature of kids warrants keeping score and record.
- Any games ending in a tie should remain a tie. This will help keep games on schedule. There will be NO Overtime.
- division standings are maintained in all divisions and will be posted on the website at the end of each week. This is the first season that Team X Basketball will have a playoff system crowning a division champion.
- Coaches are allowed to walk the sidelines and encourage their players without stepping in the playing area. 6-7-8 coaches, however, are allowed on the court with the players. The focus is to instruct and encourage players at all times.
- All coaches will adhere to the substitution system. The substitution system allows for equal playing time for all players.



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Rules for Play

Play is governed by the National Federation of High School Rules except when rules unique to Team X Basketball apply (Resource website: www.nfhs.org)

1. Courts: 6-7U division will play on a (side to side) full court with 9' baskets
2. Courts: 8-9U division will play on a (side to side) full court with 10' baskets
3. Courts: 10-11U division will play on (side to side) full court with 10' baskets
4. Courts: 14U division will play on regulation full court with 10' baskets
5. Dribble: 6-7U division will NOT be allowed to steal the dribble from the opposing player, but may intercept a pass or block a shot.
6. Dribble: 8-9U division will NOT be allowed to steal the dribble from the opposing player, but may intercept a pass or block a shot.
7. Dribble: 10-11 and 14U will be allowed to steal the dribble, this age they need to learn how to protect the ball and will avoid a player dribbling in one spot for an excessive amount of time.
8. Fouls: 6-7U should be called for traveling, double dribble but be allowed to maintain possession of the ball. all other standard basketball fouls, reaching in, body contact on a shot should be called with loss of possession and a side out.
9. Fouls: and 8-9U ,10-11U and 14U should be called for all infractions and the proper penalty assigned be it a foul shot, side out or loss of possession.
10. KEEP ALL PLAYERS OFF THE GROUND, blow the whistle dead immediately when more than one player is on the ground in pursuit of the ball and give the proper possession.
11. Keep track of possession arrow for jump ball and tie ups.

1. Man-to-man defense will be played at all times. Zone defenses are not allowed except in the 14U division. The 14U division is the first level where a Zone defense will be introduced. This is because these children will be moving on to their School programs which incorporate a Zone defense. Since we are trying to educate all players in the fundamentals of the game, it is important that we give them exposure to this type of defense. In most cases, while playing a man-to-man defense, players are only guarding the opponent that closely matches their ability and height. This allows for a more competitive system for every player on the court while creating an equal opportunity for each player.

2. Defensive players must stay within arm's reach of the player they're guarding when playing man to man defense. ***(Isolation plays are not part of Team X Basketball because they take away the opportunity for improvement for all players and contradict the spirit of the rules. This prevents defenders from sagging or crowding an area of the court to gain a defensive advantage.)***



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3. Double-teaming is not allowed in man to man defense. In Zone defense it is acceptable to trap and double team. In man to man a help defense is strongly encouraged in the following instances: bottom line is no double teaming outside the lane.

A. Picks and Screens: Defensive switching is allowed on offensive picks or screens. The non-screened defender can help his or her teammate by temporarily switching until the teammate recovers to defend their offensive player. This is commonly referred to as “help and recover.” This prevents the offense from continually setting screens to gain an advantage. Here is an example of how help defense involving picks and screens can occur:

- *An offensive player (O1) sets a legal screen on a defender (D1), allowing the ball handler (O2) to freely drive into the lane. As O2 gets into the lane, a nearby defender (D2) slides over away from his assigned man to guard O2 until D1 can recover from the screen. Upon recovery, D2 must return to guarding his assigned opponent.*

B. Fast Breaks: During any fast break (when the team that gains possession of the ball pushes it quickly into the opponent's end of the court, hoping to get a good shot off before the other team has a chance to set up on defense), another defensive player not assigned to the ball handler may help in order to slow or stop the fast break. Upon stopping the fast break, defenders should return to guarding their assigned players. This rule is meant to prevent the defenders from helplessly watching the offensive player score, not being able to help. Here is an example of how fast break help defense can occur:

- *The defense gets a rebound under the goal and throws a wide open overhead pass to a teammate located along half court. This player receives the pass and is advancing the fast break. Meanwhile, the only opposing player close to him is not his assigned defender. This person quickly guards the ball carrier and stops the fast break.*

C. Lane Area: If a defender is in the lane, and the player he or she is guarding is within arm’s reach, the defender is allowed to provide help defense. Since many goals are scored in the lane, this rule provides the defense more opportunity to properly defend this area without abandoning their assigned offensive opponent. Here is an example of how this can occur:

- *The ball handler beats his man and drives into the lane. After doing this, he meets a second defender who is in the lane. As long as this defender is within arm’s reach of his assigned opponent, he is allowed to provide help until the ball handler’s assigned opponent can recover. Upon recovery, the defensive player that provided help must then return to guarding only his assigned player.*

4. when playing Man to man defense. At the beginning of each five-minute segment, both coaches should lineup the players at mid-court and match them up by ability without giving verbal cues. This act is performed to promote equal player match-ups. Equal match-ups combined with man-to-man defense create five competitive pairings on the court. If both coaches and referees foresee a match-up problem due to position and height, players can be shuffled around to create a better game situation.



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5. Full-court presses are not allowed at any level. Defense may start to cover their assigned players once the player has crossed the half court line. Defensive players may **not** guard their opponents in the backcourt. This allows more play to occur in the front court and creates an equal opportunity for each child to participate offensively and defensively on the court.
6. Due to the shortness of the court in cross-court play, backcourt violations will not be called (this occurs when the ball handler brings the ball over the midcourt line into the front court then retreats with the ball back into the backcourt). However, if playing on a regulation-size court (84 feet), backcourt violations should be called only at the 14U division.
7. The offense must purposefully attack the defense in every situation – no stalling if a player is dribbling for what is deemed an excessive amount of time they will get a warning from the referee, a violation will be called resulting in a turnover. This will prevent a team with the lead from running the clock out by staying in the backcourt.
8. Referees will call and explain all violations. This is done because referees also serve as “on the floor coaches” teaching players what is and is not acceptable on the court. The detail of explanations will vary according to the age group and understanding of the players and should decrease as the season progresses.
9. When possible, referees will advise players of potential violations before the violation occurs. Through words of encouragement and warning, referees are often able to prevent a violation from occurring.
10. The three second restriction (lane violation) should not be called in the 6-7-8 & 9 divisions. However, coaches and referees should encourage offensive movement in and out of the lane area. This helps teach the younger age groups to avoid this potential violation without being penalized. This WILL BE CALLED at the 14U division.
11. No technical fouls or protest of games. Technical fouls and protests go against the spirit of Team X Basketball. Coaches and referees should instead follow the example in the [Circle of Affirmation](#) and discuss with the Team X Commissioner onsite.
12. No score will be given for a basket in the wrong goal. It will be treated as a turnover. This will prevent further embarrassing a player for making this mistake.
13. A player committing two fouls in one five-minute segment must sit out the remainder of that segment. The next player in the rotation comes in as the substitute. This does not change the normal rotation, because the fouled-out player does not come back into the game until scheduled to do so. The player who comes in as a substitute gains extra playing time. This extra time does not affect the predetermined substitution system. This rule allows the offending player time to regroup during the remainder of the segment while realizing that there is a consequence for the violation. Note: In a second foul situation, when a team only has five players at a game, replace the substitution rule with a two-point penalty by awarding the fouled team two additional points. The opposing team then takes possession.



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14. Non-shooting fouls result in the ball being taken out on the side by the offended team (no bonus rule). All shooting fouls result in free throws except at the 6-7 division. All other divisions will have foul shots

15. The game clock runs continuously, with the following rules going into effect when fewer than two minutes remain in the game:

- Non-shooting fouls result in the offensive team getting the ball.
- Shooting fouls should be handled normally with the clock stopping for the infraction. The clock will start again when the playable shot hits the rim.
- These rules exist because, with less than two minutes remaining, time may be wasted lining up players for free throws. This keeps the game moving while not running out the clock on a penalty also allowing all players more time to equally contribute.

16. Responsible Coaching and parenting should be adhered to at all times. Coaches are required to control their parents and assistant coaches to avoid any unnecessary confrontations. Any parent or Coach verbally assaulting a player, referee, coach or other person during the course of a Team X Basketball event will be asked to calm down, if person continues they will be asked to leave the premises.

Team X reserves the right to alter these rules at any time as deemed necessary to improve the overall player experience.