



2022 BASKETBALL RULES

Mission: TeamX Basketball is designed for every player to develop age appropriate basketball skills while building character, having fun and building friendships. A core expectation is that every player receives equal playing time, without exception.

Jersey Colors: Home Team on the schedule wears white. Away Team wears **BLACK**

Clock Management on Game Day

10-minute pre game warm up. Warning buzzer sounds at 8-minute mark. Teams should be on the court and ready to inbound or jump ball at clock zero. Clock will start on time

Game time is two 20-minute periods with a two-minute half time

1 one-minute timeout per half per team or two 30-second time outs per half per team.

9U, 11U, 12U, 14U and 16U Only – clock stops during the last minute of play during foul shots and out of bounds.

Start of Game

Inbound: 7U, 8U, 9U and 10U Girls (Away team inbounds the start of game. Home team inbounds second half)

Jump Ball: 11U, 12U, 12U Girls, 14U, 16U

Game Duration:

Two Twenty Minute halves

Substitutions: Substitutions are controlled by the scorekeeper and referee. Approximately every five minutes the score keeper will sound the buzzer for substitutions either at a change of possession, or an out-of-bounds play. Score keepers will look for an appropriate stoppage every five minutes.

Match Ups – (7U, 8U, 10U Girls) at the beginning of each new playing segment, coaches will assist players in matching up based on size and skill level for man-to-man coverage

Jump ball situations – once the game has begun, possession from jump ball situations will alternate with the possessing team inbounding the pass.

Tie Situations – There is no overtime in the event the game ends in a tie.



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Keeping Score – Volunteers from the league will keep score and keep track of fouls

Coaches on the Court – only 7U coaches are permitted on the court. The remaining divisions must instruct from the sidelines.

Personal and Team Fouls

7U, 8U, 10U Girls – personal and team fouls will not be recorded

9U, 11U, 12U, 12U Girls, 14U, and 16U Boys – Each player has a maximum of five fouls before fouling out of the game.

9U, 11U, 12U, 12U Girls, 14U, and 16U Boys – Each team has 10 team fouls per half before opposing team shoots 1 and 1

Rules and Fouls: (R/F)

1. 7U/8U – R/F violations such as travelling, dribbling violations, body fouls, shooting fouls etc. should be identified followed by appropriate instruction. Referees and coaches are instructed to keep the disruption of play to a minimum but will identify and enforce these rule violations. The progression of the season is towards enforcement of travelling, double dribbling and the five second rule.
2. 9U, 11U Boys– R/F violations such as travelling, dribbling violations, body fouls, etc. will be enforced. **Reach fouls will be strictly enforced** and body contact will result in a foul so kids learn to be selective when attempting steals.
3. 12U, 12U Girls, 14U, 16U – All R/F violations should be enforced according to National Federation of High School Rules www.nfhs.org.
4. Non-shooting fouls result in the ball being taken out on the side by the opposing team
5. 9U, 11U, 12U, 12U Girls, 14U, 16U Only - If a team reaches 10 fouls in one half, the opposing team will shoot one-and-one.
6. Any division that does not have clock stoppage and/or foul shooting who fouls for the intention of stopping or delaying the other team from scoring in the final 2 minutes of play, will be considered a disruption of play. An automatic 2 points will be awarded for the team being fouled and will receive the ball back in possession.

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	7U Coed	8U Boys	9U Boys	10U Girls	11U Boys	12U Boys	12U Girls	14U Boys	16U Boys
Defense	Man	Man	Man	Man	Man	Man with Zone after week 3 game Man	Man with Zone after week 3 game	Man with Zone after week 3 game	Man and Zone
3 Second Violations	No	No	No	No	Yes	Yes	Yes	Yes	Yes
Personal Fouls	NA	NA	5	NA	5	5	5	5	5
Fouls in the Act of Shooting	Inbound	Inbound	Shoot	Shoot	Shoot	Shoot	Shoot	Shoot	Shoot
Team Penalty (10)	No	No	No	No	Yes	Yes	Yes	Yes	Yes
10 Second Back Court Violation	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Back Court Press	No	No	No	No	No	No	No	Yes	Yes
Double Teaming the Ball	No	No	No	No	No	No	No	Yes	Yes
Referee	1 Ref	1 Ref	1 Ref	1 Ref	2 Ref	2 Ref	2 Ref	2 Ref	2 Ref