

  
**OF NORTHWEST NORTH CAROLINA**  
Model Sports Program  
Youth Basketball League Rules

THE BASKETBALL LEAGUE WILL PLAY UNDER NCHSAA RULES GOVERNING BASKETBALL, WITH THE FOLLOWING MODIFICATIONS:

THE AGE CUT OFF FOR REGISTRATION WILL BE SEPTEMBER 1<sup>ST</sup>

AGE GROUP-

THE AGE GROUPS WILL BE:

5&6 (CO-ED)	9&U	12&U	15&U	18&U
7&U (CO-ED)	10&U	13&U	16&U	
8&U (BOYS AND GIRLS SEPARATE)	11&U	14&U	17&U	

PLAYERS PER TEAM-

8-10 PLAYERS WILL BE PLACED ON EACH TEAM.

SIZE OF BALL-

5-7 YEARS OF AGE WILL USE A JUNIOR SIZE BALL

8-11 YEARS OF AGE WILL USE A COMPACT SIZE BALL (28.5)

12 YEARS OF AGE AND UP WILL USE A FULL SIZE BALL

HEIGHT OF GOAL-

5&6 YEAR OLDS WILL SHOOT ON 8 FOOT GOAL

7 YEAR OLDS WILL SHOOT ON 9 FOOT GOAL

8 YEAR OLDS WILL SHOOT ON 9 FOOT GOAL

9 YEARS AND UP WILL SHOOT ON 10 FOOT GOAL.

TIME OF GAME-

AGES 5-9: FOUR 8 MINUTE QUARTERS – **RUNNING CLOCK**. THE CLOCK WILL STOP ON DEAD BALLS DURING THE LAST TWO MINUTES OF EACH HALF. THE CLOCK WILL ALSO STOP ON ALL TIME-OUTS AND INJURIES.

AGES 10-13: FOUR 6 MINUTE QUARTERS – **STOPPING CLOCK**.

AGES 14 & UP: FOUR 8 MINUTE QUARTERS – **STOPPING CLOCK**.

SCORING-

SCORE WILL BE KEPT FOR AGES 8&UP ONLY. 3 POINTERS WILL BE COUNTED FOR AGES 10&UP ONLY IN GYMS WITH 3 POINT LINES. **ONCE A TEAM REACHES A 20 POINT LEAD, THE SCORE WILL NOT CHANGE UNTIL THE LEAD FALLS BELOW A 20 POINT DIFFERENCE. SCORE WILL ONLY BE KEPT IN THE SCOREBOOK. ONCE THE LEAD IS LESS THAN 20 POINTS, ONLY THEN WILL THE SCORE BE KEPT BACK ON THE CLOCK.**

SUBSTITUTIONS-

NO SUBS ON DEAD BALLS. SUBS ONLY BETWEEN QUARTERS. ALL PLAYERS MUST PLAY A DIFFERENCE OF ONE QUARTER. **EXCEPTION:** IF A PLAYER IS INJURED, THE COACH MAY COME ONTO THE FLOOR TO ATTEND TO THE PLAYER AFTER THE REFEREE HAS STOPPED PLAY. THE PLAYER IS NOT REQUIRED TO BE TAKEN OUT OF THE GAME NOR WILL THE TEAM BE CHARGED A TIME OUT. IF THE PLAYER MUST BE TAKEN OUT OF THE GAME A SUBSTITUTE PLAYER MAY TAKE HIS/HER PLACE. THE PERIOD WILL COUNT AS A PERIOD PLAYED FOR THE PLAYER THAT PLAYS THE MAJORITY OF THE QUARTER. **EXCEPTION:** IF A PLAYER ARRIVES BEFORE THE END OF THE 1<sup>ST</sup> QUARTER, HE/SHE IS REQUIRED TO PLAY AT LEAST 2 QUARTERS DURING THE REMAINDER OF THE GAME. IF A PLAYER ARRIVES BEFORE THE END OF THE 2<sup>ND</sup> QUARTER, HE/SHE IS REQUIRED TO PLAY AT LEAST 1 QUARTER DURING THE REMAINDER OF THE GAME BUT IS NOT RESTRICTED FROM PLAYING ADDITIONAL TIME. IF A PLAYER ARRIVES AFTER THE START OF THE 3<sup>RD</sup> QUARTER HE/SHE IS NOT REQUIRED TO PLAY AT ALL, BUT IS NOT RESTRICTED FROM PLAYING.

FREE THROW-

5-9 YEAR OLDS WILL USE A SHORTENED FREE THROW LINE.

10 YEARS AND UP WILL SHOOT FROM THE REGULATION FOUL LINE.

SWITCHING GOALS-

AT HALFTIME ONLY 8 YEAR OLDS AND UP WILL SWITCH GOALS.

TIMEOUTS-

EACH TEAM WILL BE ISSUED (4) 30 SECOND TIMEOUTS.

DEFENSE SET UP-

FOR 5-7 YEAR OLDS DEFENSE MAY ONLY BE PLAYED IN DESIGNATED AREA. 8-13 YEAR OLDS MAY PICK-UP ON DEFENSE AT HALF COURT.

TECHNICAL FOULS-

WHEN A PLAYER RECEIVES A TECHNICAL FOUL, HE/SHE WILL BE TAKEN OUT FOR THE REMAINDER OF THE QUARTER AND WILL BE CHARGED WITH THE QUARTER. THE PLAYERS THAT ARE PRESENT ON THE BENCH WHEN THE FOUL OCCURRED WILL THEN BE PLACED IN A DRAWING TO RANDOMLY SELECT THE PLAYER THAT WILL PLAY THE REMAINDER OF THE QUARTER.

FOULING OUT-

WHEN A PLAYER FOULS OUT OF THE GAME, IF THE TIME REMAINING IN THAT QUARTER IS MORE THAN HALF, THE PLAYER REPLACING HIM/HER WILL BE CHARGED WITH THAT QUARTER. IF THE TIME IS LESS THAN HALF, THE PLAYER REPLACING HIM/HER WILL NOT BE CHARGED WITH THAT QUARTER.

GRACE PERIOD-

5 MINUTE GRACE PERIOD FROM THE TIME THE GAME WAS SCHEDULED TO BEGIN. YOU MUST HAVE FIVE PLAYERS TO START THE GAME.

PRESSING-

NO PRESSING IN THE 9&U AGE GROUPS. FULL COURT PRESSING IN THE 10-13 AGE GROUPS WILL BE ALLOWED IN THE LAST 2 MINUTES OF EACH HALF (2<sup>ND</sup> AND 4<sup>TH</sup> QUARTERS). FULL COURT PRESSING IN THE 14 & UP AGE GROUPS WILL BE ALLOWED AT ANY TIME. PRESSING WILL BE PROHIBITED ONCE A TEAM IS LEADING BY MORE THAN TEN POINTS. THE LEADING TEAM WILL NOT BE ABLE TO PRESS AGAIN UNTIL THE LEAD FALLS BELOW A 10 POINT DIFFERENCE. THE FIRST VIOLATION OF THIS RULE WILL RESULT IN A TEAM DELAY WARNING AND THE BALL BEING GIVEN TO THE "PRESSED" TEAM AT MID COURT. THE SECOND VIOLATION AND ANY SUBSEQUENT VIOLATIONS WILL RESULT IN A TEAM TECHNICAL FOUL.

BONUS-

ONE-AND-ONE BEGINS ON THE 7<sup>TH</sup> TEAM FOUL OF EACH HALF (2 SHOTS ON THE 10<sup>TH</sup> FOUL). FREE THROWS ARE NEVER AWARDED AS A RESULT OF A PLAYER CONTROL FOUL.

OVERTIME-

IF THE GAME IS TIED AT THE END OF A GAME, IT ENDS IN A TIE. BOTH TEAMS WILL GET CREDIT FOR WINS.

OVERTIME FOR TOURNAMENT ONLY-

2 MINUTE OVERTIME WITH THE CLOCK STOPPING ON ALL DEAD BALLS. EACH TEAM WILL GET AN ADDITIONAL TIMEOUT. REQUIREMENTS RELATING TO SUBSTITUTION AND EQUAL PLAY ARE NOT APPLICABLE IN THE OVERTIME PERIOD AND THERE WILL BE NO SUBSTITUTIONS. IN THE EVENT THE GAME IS STILL A TIE, THE GAME WILL GO TO SUDDEN VICTORY.

TOURNAMENT-

DIVISIONS 10&UP MAY HAVE A SINGLE ELIMINATION AT THE END OF THE SEASON.

POINT SYSTEM-

A POINT SYSTEM WILL BE USED TO KEEP PLAY CLEAN AND FAIR. THE FOLLOWING POINTS WILL BE ASSIGNED TO PLAYERS AND COACHES IN THE LEAGUE: **TECHNICAL FOUL = 1 POINT**

**CURSING = 1 POINT**

**EJECTION = 3 POINTS**

A PLAYER OR COACH WHOM RECEIVES THREE POINTS WILL SERVE A WEEK SUSPENSION FROM THE LEAGUE AND WILL BE REQUIRED TO MEET PERSONALLY WITH A REPRESENTATIVE FROM THE YMCA. ANY PLAYER WHO RECEIVES, IN ANY COMBINATION, FIVE OR MORE POINTS WILL BE REMOVED FROM THE LEAGUE WITHOUT REFUND AND SERVE A ONE YEAR SUSPENSION FROM ALL YMCA SPORTS PROGRAMS EFFECTIVE THE DAY THE FIFTH POINT IS INCURRED. NOTE: ALL YMCA STAFF HAVE THE AUTHORITY TO ISSUE POINTS TO PLAYERS OR COACHES WHO CURSE BEFORE, DURING OR AFTER THE GAME.