



MEBANE RECREATION & PARKS
YOUTH BASKETBALL RULES
2019-2020

Metro League Basketball Rules – 2019-20



I. **NAME:**

The name of the league shall be the Metro Recreation & Parks Youth Basketball League.

II. **ELIGIBILITY:**

- A. Anyone who has not reached his/her birthday before January 1st of the playing year (Jan. 1st, 2020) shall be eligible to participate. (MINIMUM AGE: Anyone who has not reached his/her sixth (6th) birthday before January 1st of the tournament year shall be ineligible to participate. Each player's age will be approved by the Athletic Director. This will be done only through the use of birth certificates and the birth certificate file in the office of the Athletic Director.
- a. 6U - Beginners Pee Wee (must be 6 years old before January 1st but cannot be 7 years old before January 1st.)
 - b. 8U - Peewee (cannot be 9 years old before January 1st.)
 - c. 10U - Mite (cannot be 11 years old before January 1st.)
 - d. 12U - Midget Boys (cannot be 13 years old before January 1st.)
 - e. 13U - Midget Girls (cannot be 14 years old before January 1st.)
 - f. 14U - Intermediate Boys (cannot be 15 years old before January 1st.)
- B. Once the season has started, a new player must be on the team roster and present his/her birth certificate to the Recreation Department before he/she is eligible to play in a league game. Only new players who have not participated in the league may be added to a team's roster by December 19th of the playing year. All players must play in a minimum of four (4) regular season games to be eligible for post-season play. (unless an injury or other extreme circumstance is in play)
- a. Any participant found to be ineligible due to clerical error on behalf of the RPD will be ineligible to participate for the remainder of that season, unless corrective measures are implemented. No disciplinary action will be taken against the team involved.
- C. A player may move up and play in an older league if he/she so desires, but after he/she has participated in one (1) League game with that team, he/she must play in that age group for the remainder of that season.
- D. A player may not be listed on a high school varsity roster at any time during the season.

III. PRINCIPLES OF YOUTH ATHLETICS:

- A. It is the aim of the Recreation and Parks Department to provide organized games and activities, recreation facilities, supervision and leadership to its citizens in their ideals and interests in the area of leisure time activities and/or its organization.
- B. To promote the ideals of good sportsmanship, teach basic skills, develop individual talents, and provide an opportunity to enjoy the best possible recreation advantages and atmospheres.
- C. To recognize the Youth Participant as an individual with particular abilities and limitations. A great deal of consideration must be given to his physical, mental, emotional, and social development with every precaution taken to insure that each is developed to its highest potential.

IV. DISCIPLINARY ACTION: (Involving parents, spectators, coaches, and players)

- A. Ejection from Game.....Minimum 1 Game Suspension
- B. Unsportsmanlike Conduct.....Minimum 10 Day Suspension
- C. Profanity.....Minimum 10 Day Suspension
- D. Threatening an Official.....Minimum Suspension for remainder of Season
- E. Hitting an Official.....Minimum 2 Year Suspension
- F. Drinking.....Suspended For Season
- G. Fighting.....Suspended For Season
 - a. Any coach, parent or spectator suspended must leave the playing facility immediately upon ejection; however, a player may remain at the playing facility. All suspensions will be reviewed by the Recreation Staff in order to determine if further disciplinary action need be taken. All decisions concerning disciplinary actions by the Recreation and Parks Department are final.
 - b. Individuals can be suspended after the game for unsportsmanlike conduct by a game official or recreation staff member.
 - c. The Recreation and Parks Department uses these guidelines as a typical protocol for infractions. The Recreation and Parks Department has the authority to alter these guidelines based on the severity of the infraction.

V. DUTY OF THE COACH AND CERTIFICATION:

- A. It is the duty of the coach to see that the roster and records of his/her team are delivered to the Recreation Athletic Director prior to the first game, so that he may signify that all players are eligible. The official Recreation and Parks Department roster must be used. It is mandatory that this roster be completed in full, and typed: showing the player's name exactly how it appears on his birth certificate with no use of nicknames or other. The player's birth date and complete mailing address must be filled in. Also at this time, birth certificates must be presented to the Athletic Director. If the player's birth certificate is on file from the previous year, his full name, complete address, and birth date must appear on the roster typed. Asterisk (*) these individuals for last year's season's identifications.
- B. Each parent shall be responsible for seeing that their child is examined by his family doctor before he/she is allowed to play.
- C. The coach shall see that every child has adequate insurance or a signed release from the parents for the child to participate in the Metro Recreation and Parks Youth Basketball Program.
- D. The coach must have his/her team ready to play ten (10) minutes prior to game time.
- E. It is the duty of the coach to make sure that their score sheet is correct before each game, this will avoid any conflicts or technical fouls due to wrong numbers with names.
- F. Plastic water bottles, with water only in them, will be allowed on the benches at the Recreation and Parks Department owned and operated Recreation Centers. Water bottles must be confined to the bench area and

coaches need to bring towels to wipe up any spillage. All other drinks are prohibited! Also, coolers will not be allowed in the Recreation Centers.

VI. EQUIPMENT:

- A. At some departments, teams must furnish their own uniforms which will consist of at least matching numbered jerseys. If both teams have matching jerseys colors, the home team is responsible for changing jerseys or wearing pennies.
- B. Gym shoes must be worn by all players, coaches or anyone connected with the team while on the gym floor. No street shoes of any nature, texture, or design will be allowed on the floor. However, coaches may wear street shoes on the bench.
- C. The official basketball will be furnished by the Recreation Department for all age groups.
 - a. Beginner Peewee – 28.5
 - b. Peewee, Mite & Midget – 28.5
 - c. Intermediate – 29.5
- D. All teams playing in the **SWAC Basketball Tournament** MUST have a number at least four (4) inches in length on the front of their jersey top and a number at least six (6) inches on the back. All players MUST have legal numbers and there may not be any duplicate numbers
 - a. Legal numbers are: 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, and 55.
 - b. Team member list shall not have both numbers 0 and 00

VII. OFFICIALS:

- A. All officials will be furnished and assigned by the Basketball Booking Agent.
- B. Officials will have complete control of all games.
- C. After the game has begun, the assigned officials or Recreation Staff Member will be responsible for discontinuing the game for any reason.
- D. The officials' decision on all calls will be final.

VIII. AWARDS:

- A. Team and individual trophies will be awarded by at the discretion of the individual recreation departments
- B. NOTE: Won-loss records will not be kept in the Beginner Pee Wee Division

IX. PROTESTS:

- A. Protests can only be made concerning the eligibility of player's age. Any player being found ineligible due to age will result in forfeiture of all games in which this individual has participated.

X. PROJECTED DAYS OF GAMES:

- A. Beginner Peewee – Monday & Tuesday
- B. Peewee Boys – Monday's
- C. Peewee Girls – Monday
- D. Mite Boys – Wednesday
- E. Mite Girls – Wednesday
- F. Midget Boys – Thursday
- G. Midget Girls – Wednesday & Thursday
- H. Intermediate Boys – Wednesday & Thursday
 - a. Game days could change based on number of teams in each division

6U Basketball Rules – 2019-20



Ball: 28.5 (Junior Size) / Hoop Height: 8 ft. / Free Throw Line: 8 ft.

Quarter Length: 6 minutes / No Overtime / **Score does not go on the scoreboard**

CLOCK RULES

- Each team receives four timeouts (4) timeouts per game. Each team may only carry three (3) timeouts into the second half. If you do not use a timeout in the first half, you lose it.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop for all fouls. The clock will restart once the official hands the ball to player inbound the ball.
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters (like a regular game)
 - During the last one (1) minute of the game, the clock will stop as in a regulation high school game

DEFENSE RULES

- **The ball cannot be stolen from a player with possession of the ball. Possession includes a player holding or dribbling the ball.**
- Defense can only be played up to the three-point line extended from the top of the key (marked by tape)
- Defense cannot be played outside of this line at any point in the game. Players cannot reach across the line to pressure a dribbler and cannot come across the line to steal a loose ball.

PLAYING TIME RULES

- Each player must play one (1) full quarter of every game unless the player fouls out or is injured.

VIOLATIONS

- All ball handling violations will only be called if they are excessive and occur inside the area where defense can legally be played.

RULE MODIFICATIONS*

- Free throw distance is 8 ft. Players can choose to shoot from the 12 ft. line if they prefer. If a player attempts from the 12 ft. line, they are not allowed to move up to the 8 ft. line on their second attempt of the series.
- On free throws from 12 ft. or closer, non-shooters will line up with the lowest player being below the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
- The offense has ten (10) seconds to initiate an offensive play once ball has crossed half court or it will be whistled for a turnover.
- All made field goals will count as two points (No 3 point field goals)

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- One coach may be on the playing court; however they must remain near the sidelines and outside of the defensive area (three-point line extended). **Assistant coaches must remain seated on the bench.**
- There will be a ten (10) minute grace period for the first game of each night.

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

8U Boys Basketball Rules – 2019-20



Ball: 28.5 / Hoop Height: 8 ft. / Free Throw Line: 12 ft.

Quarter Length: 6 minutes / Overtime: 2 minute period followed by free throw shootout

CLOCK RULES

- Each team receives four timeouts (4) timeouts per game. Each team may only carry three (3) timeouts into the second half. If you do not use a timeout in the first half, you lose it.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop for all fouls. The clock will restart once the official hands the ball to player inbound the ball.
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters (like a regular game)
 - During the last one (1) minute of the game and overtime, the clock will stop as in a regulation high school game

DEFENSE RULES

- Defense can only be played up to the three-point line extended from the top of the key (marked by tape) with the following exception:
 - In the last one (1) minute of the game with **less than a 10 point lead**, teams can defend up to the half court line.
- Defense cannot be played outside of this line at any point in the game. Players cannot reach across the line to pressure a dribbler or steal a pass and cannot come across the line to steal a loose ball.

PLAYING TIME RULES

- Each player must play one (1) full quarter of every game unless the player fouls out or is injured. **It does not have to be the first quarter they appear in.**

VIOLATIONS

- All ball handling violations will be called if they occur in the area where defense can legally be played. Outside of the area where defense can legally played, violations will only be called if they are excessive.

RULE MODIFICATIONS*

- Free throw distance is 12 ft. Players can choose to shoot from the 15 ft. line if they prefer. If a player attempts from the 15 ft. line, they are not allowed to move up to the 12 ft. line on their second attempt of the series.
- On free throws from 12 ft. or closer, non-shooters will line up with the lowest player being below the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
- The offense has ten (10) seconds to initiate an offensive play once ball has crossed half court or it will be whistled for a turnover. Exception: last one (1) minute of game.
- All made field goals will count as two points (No 3 point field goals)
- After a time-out has been called in the backcourt during the last minute, the ball will be inbounded at the frontcourt sideline and must be inbounded into the frontcourt
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least amount of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately until one team has made one more free throw after an equal number of players have shot.

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only the head coach may stand during the game; the assistant coach must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

8U Girls Basketball Rules – 2019-20



Ball: 28.5 / Hoop Height: 8 ft. / Free Throw Line: 12 ft.

Quarter Length: 6 minutes / Overtime: 2 minute period followed by free throw shootout

CLOCK RULES

- Each team receives four timeouts (4) timeouts per game. Each team may only carry three (3) timeouts into the second half. If you do not use a timeout in the first half, you lose it.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop for all fouls. The clock will restart once the official hands the ball to player inbound the ball.
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters (like a regular game)
 - During the last one (1) minute of the game and overtime, the clock will stop as in a regulation high school game

DEFENSE RULES

- Defense can only be played up to the three-point line extended from the top of the key (marked by tape) with the following exception:
 - In the last one (1) minute of the game with **less than a 10 point lead**, teams can defend up to the half court line.
- Defense cannot be played outside of this line at any point in the game. Players cannot reach across the line to pressure a dribbler or steal a pass and cannot come across the line to steal a loose ball.

PLAYING TIME RULES

- Each player must play one (1) full quarter of every game unless the player fouls out or is injured. **It does not have to be the first quarter they appear in.**

VIOLATIONS

- All ball handling violations will be called if they occur in the area where defense can legally be played. Outside of the area where defense can legally played, violations will only be called if they are excessive.

RULE MODIFICATIONS*

- Free throw distance is 12 ft. Players can choose to shoot from the 15 ft. line if they prefer. If a player attempts from the 15 ft. line, they are not allowed to move up to the 12 ft. line on their second attempt of the series.
- On free throws from 12 ft. or closer, non-shooters will line up with the lowest player being below the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
- The offense has ten (10) seconds to initiate an offensive play once ball has crossed half court or it will be whistled for a turnover. Exception: last one (1) minute of game.
- All made field goals will count as two points (No 3 point field goals)
- After a time-out has been called in the backcourt during the last minute, the ball will be inbounded at the frontcourt sideline and must be inbounded into the frontcourt
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least amount of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately until one team has made one more free throw after an equal number of players have shot.

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only the head coach may stand during the game; the assistant coach must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

10U Boys Basketball Rules – 2019-20



Ball: 28.5 / Hoop Height: 9 ft. / Free Throw Line: 12 ft.

Quarter Length: 6 minutes / Overtime: 2 minute overtime period followed by free throw shootout

CLOCK RULES

- Each team receives four timeouts (4) timeouts per game. Each team may only carry three (3) timeouts into the second half. If you do not use a timeout in the first half, you lose it.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop for all fouls. The clock will restart once the official hands the ball to player inbound the ball.
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters (like a regular game)
 - During the last one (1) minute of the game and overtime, the clock will stop as in a regulation high school game

DEFENSE RULES

- Defense can only be played up to midcourt line with the following exception:
 - In the last one (1) minute of the game with less than a 10 point lead, teams can press full court.

PLAYING TIME RULES

- Each player must play one (1) full quarter of every game unless the player fouls out or is injured. **It does not have to be the first quarter they appear in.**

VIOLATIONS

- All ball handling violations will be called if they occur in the area where defense can legally be played. Outside of the area where defense can legally played, violations will only be called if they are excessive.

RULE MODIFICATIONS*

- Free throw distance is 12 ft. Players can choose to shoot from the regular line if they prefer. If a player attempts from the regular line, they are not allowed to move up to the 12 ft. line on their second attempt of the series.
- On free throw from 12 ft. or closer, non-shooters will line up with the lowest player being below the block. On free throw attempts from the regular line, non-shooters will line up with the lowest player above the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least amount of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately until one team has made one more free throw after an equal number of players have shot.

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only the head coach may stand during the game; the assistant coach must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

10U Girls Basketball Rules – 2019-20



Ball: 28.5 / Hoop Height: 9 ft. / Free Throw Line: 12 ft.

Quarter Length: 6 minutes / Overtime: 2 minute overtime period followed by free throw shootout

CLOCK RULES

- Each team receives four timeouts (4) timeouts per game. Each team may only carry three (3) timeouts into the second half. If you do not use a timeout in the first half, you lose it.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop for all fouls. The clock will restart once the official hands the ball to player inbound the ball.
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters (like a regular game)
 - During the last one (1) minute of the game and overtime, the clock will stop as in a regulation high school game

DEFENSE RULES

- Defense can only be played up to midcourt line with the following exception:
 - In the last one (1) minute of the game with less than a 10 point lead, teams can press full court.

PLAYING TIME RULES

- Each player must play one (1) full quarter of every game unless the player fouls out or is injured. **It does not have to be the first quarter they appear in.**

VIOLATIONS

- All ball handling violations will be called if they occur in the area where defense can legally be played. Outside of the area where defense can legally be played, violations will only be called if they are excessive.

RULE MODIFICATIONS*

- Free throw distance is 12 ft. Players can choose to shoot from the regular line if they prefer. If a player attempts from the regular line, they are not allowed to move up to the 12 ft. line on their second attempt of the series.
- On free throw from 12 ft. or closer, non-shooters will line up with the lowest player being below the block. On free throw attempts from the regular line, non-shooters will line up with the lowest player above the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least amount of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately until one team has made one more free throw after an equal number of players have shot.

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only the head coach may stand during the game; the assistant coach must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

12U Boys Basketball Rules – 2019-20



Ball: 28.5 / Hoop Height: 10 ft. / Free Throw Line: 15 ft. (regular)

Quarter Length: 6 minutes / Overtime: 2 minute overtime period followed by free throw shootout

CLOCK RULES

- Each team receives four timeouts (4) timeouts per game. Each team may only carry three (3) timeouts into the second half. If you do not use a timeout in the first half, you lose it.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop for all fouls. The clock will restart once the official hands the ball to player inbound the ball.
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters (like a regular game)
 - During the last one (1) minute of the game and overtime, the clock will stop as in a regulation high school game.

DEFENSE RULES

- Teams can play defense in the backcourt with the following exceptions:
 - Cannot play defense in the backcourt with a lead of 10 points or more
 - Cannot play defense in the backcourt on a dead ball inbounds play or made basket until the last one (1) minute of the game.

PLAYING TIME RULES

- Each player must play one (1) full quarter of every game unless the player fouls out or is injured. **It does not have to be the first quarter they appear in.**

RULE MODIFICATIONS*

- On free throw attempts from the free throw line (15 ft.), non-shooters will line up with the lowest player above the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least amount of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately until one team has made one more free throw after an equal number of players have shot.

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only the head coach may stand during the game; the assistant coach must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

13U Girls Basketball Rules – 2019-20



Ball: 28.5 (Women's Size) / Hoop Height: 10 ft. / Free Throw Line: 15 ft. (regular)

Quarter Length: 6 minutes / Overtime: 2 minute period followed by free throw shootout

CLOCK RULES

- Each team receives four timeouts (4) timeouts per game. Each team may only carry three (3) timeouts into the second half. If you do not use a timeout in the first half, you lose it. Timeouts do not carry over into overtime. Each team will receive one (1) timeout per overtime period.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop for all fouls. The clock will restart once the official hands the ball to player inbounding the ball.
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters (like a regular game)
 - During the last one (1) minute of the game and overtime, the clock will stop as in a regulation high school game

DEFENSE RULES

- Teams can play defense in the backcourt with the following exceptions:
 - Cannot play defense in the backcourt with a lead of 10 points or more
 - Cannot play defense in the backcourt on a dead ball inbounds play or made basket until the last one (1) minute of the game.

PLAYING TIME RULES

- Each player must play one (1) full quarter of every game unless the player fouls out or is injured.

RULE MODIFICATIONS*

- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least amount of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately until one team has made one more free throw after an equal number of players have shot.

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only the head coach may stand during the game; the assistant coaches must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

14U Basketball Rules – 2019-20



Ball: 29.5 (Official Size) / Hoop Height: 10 ft. / Free Throw Line: 15 ft. (regular)

Quarter Length: 7 minutes / Overtime: 2 minute period followed by free throw shootout

CLOCK RULES

- Each team receives four timeouts (4) timeouts per game. Each team may only carry three (3) timeouts into the second half. If you do not use a timeout in the first half, you lose it.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop for all fouls. The clock will restart once the official hands the ball to player inbound the ball.
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters (like a regular game)
 - During the last one (1) minute of the game and overtime, the clock will stop as in a regulation high school game

DEFENSE RULES

- Teams can play defense in the backcourt at any time with the following exceptions:
 - Teams may not play back court defense if they are up by 20 points.
 - If a team obtains a 30 point lead, they must play defense inside the 3 point arch.

PLAYING TIME RULES

- Each player must play approximately seven minutes; coaches are allowed to substitute players at any point

RULE MODIFICATIONS*

- On free throw attempts from the regular line, non-shooters will line up with the lowest player above the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- The 1 and 1 penalty will be in effect after 7 team fouls and 2 shot bonus after 10 team fouls.
- If the score is tied after one overtime period, teams will shoot free throws to determine the winner. **ONLY** the players who were on the court at the end of the game are allowed to shoot. Number of free throws will be determined by which team has the least amount of players on the court. For example, if both teams have 5 players remaining then it will be best of 5. If one team only has 3 players remaining, then it would be best of 3. If still tied after the determined number of free throws, teams will restart with their first shooter and continue shooting alternately until one team has made one more free throw after an equal number of players have shot.

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only the head coach may stand during the game; the assistant coach must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials