



NATIONAL YOUTH SPORTS RULES BASKETBALL: 14 to 16-YEAR-OLDS

Applies to both practices and games.

NOTE

Unless otherwise amended below, the current year's National Federation of High School Association (NFHS) laws of the game shall apply. NFHS laws of the game and other resources are available online at nfhs.com.

ATTIRE

1. The provided NYS jersey or approved uniform must be worn at all times. No exceptions!

COURT

2. The playing area is full court.
3. The height of the basket will be approximately 10 feet.
4. The free throw line will be 15 feet from the basket.

TEAM

5. Players must be listed on the official season roster to be eligible to play.
6. The home team is listed on the schedule first and is to provide a volunteer scorekeeper.
7. The game will be played 5-on-5.
8. Each team will have a maximum of 12 players on their roster.
9. Any more than 12 players on a roster must be approved by the league coordinator and Head Coach.
10. Each player must play at least 10-minutes of every game.
11. All players must play in both halves.
12. No player will be allowed to play the entire game unless the team has less than 5 players for the game. Objections must be made to the referee at the end of the 3rd quarter.
13. Lineups only allowed at the start of the game.
14. Open substitution is allowed on any stop in play.
15. Players must be sitting at score table and noticed by the referee before entering the game.
16. Two coaches are allowed on sideline during the game.
17. Coaches are not allowed on the court during play.
18. Each team's bench must be seated and cheering positively for their team.
19. Coaches are given the authority to sit a player that is acting unsportsmanlike or that has missed several practices without a legitimate excuse. The referee must be notified before the game starts.

GAMEPLAY: FOUL & VIOLATIONS

20. Three second lane violations will be called.
21. Players will foul out on their fifth foul.
22. When a team reaches 7 team fouls, the opposing team will shoot one-and-one, on all non shooting fouls. The team will be awarded two free throws when the team reaches 10 team fouls. Team fouls reset at half time.
23. Trash talking will result in a technical foul.
24. Unsportsmanlike conduct from players, both playing and on the bench will result in a technical foul and player ejection. The opposing team will be awarded two free throws and possession of the ball.



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GAMEPLAY

25. The size of the basketball is regular, full-size ball. Regulation or competition ball.
26. The game will consist of 2 20 minute quarters with a running clock, except for timeouts and the last 2-minutes of 2nd half when the clock stops for every whistle.
27. There will be two 30-second timeouts per team per half.
28. Half-time will last 3-minutes.
29. Two minute overtime will be played if regulation time ends and the score is tied.
30. There is no double-overtime in the event of another tie.
31. A jump ball will start each game.
32. Possession will alternate each quarter, jump ball or double foul.
33. Regulation scoring with three pointers on courts so marked.
34. Game time will be kept by either the official or scoreboard clock.
35. After each basket, the opposing team will then inbound the ball from their end line.
36. Player may NOT land over the free throw line after shooting a free throw. All other players lined up may not move until the ball hits the rim.
37. Offense must bring the ball across half court within the 10-second time limit.
38. Stalling is not allowed.
39. Defense must be man-to-man or zone.
40. Double-teaming is allowed.
41. Pressing defense is allowed unless the pressing team is ahead by 20 or more points.
42. Clear-outs are not allowed.
43. No team may establish offensive plays that create an intentional one-on-one situation.
44. No forfeits!