



# NATIONAL YOUTH SPORTS – SAN ANTONIO

## RULES - BASKETBALL: 10 – 11 YEAR OLDS

*Applies to both practices and games*

<b>Objective</b>	Focus on helping players develop their skills. Our goal is to improve the skill level of players and prepare them for the next level. We ask all coaches, parents and officials to be positive and encourage players at all times.
<b>Zero Tolerance</b>	Any unsportsmanship or bad behavior – foul language, disrespect of officials, players or other coaches - may lead to ejection and/or suspension from the league. Any coach, player or player ejected will be suspended from participating at their next scheduled game. Keep in mind that video cameras are always on at games.
<b>Players</b>	<ul style="list-style-type: none"> <li>- 10 players on team roster (any more must be approved by NYS)</li> <li>- Each player must be listed on NYS roster sheet to play (roster checks at any time).</li> <li>- Players must be listed (name and jersey #) on the official scoresheet before game starts.</li> <li>- Game is played 5 on 5, can share players or play with less if not enough players.</li> <li>- Each child must play equal amount in every game.</li> </ul>
<b>Uniforms</b>	<ul style="list-style-type: none"> <li>- NYS provided jersey or approved jersey must be worn at all times</li> <li>- Proper gym shoes must be worn</li> <li>- No jewelry for player safety (earrings must be covered with tape)</li> <li>- Soft headbands and wristbands allowed</li> </ul>
<b>Hoops Specs</b>	<ul style="list-style-type: none"> <li>- Size of playing area is full court</li> <li>- Basket rim height is approximately 10 ft</li> <li>- Basketball size is 28.5 inches or compact size</li> <li>- Free throw line is 15 ft from basket</li> </ul>
<b>Game Time</b>	<ul style="list-style-type: none"> <li>- Four, eight-minute quarters with running clock (except timeouts and last 2 min of 4<sup>th</sup> qtr.)</li> <li>- Time between quarters - 1 minute</li> <li>- Timeouts - 2, thirty second timeouts per team per half</li> <li>- Half-time – 3 minutes</li> </ul>
<b>Game Play</b>	<ul style="list-style-type: none"> <li>- Home team is listed first on the schedule and sits to the left of score table facing the court</li> <li>- Jump ball starts each game</li> <li>- Ball possession alternates each quarter or jump ball</li> <li>- Player substitutions, with referee’s acknowledgment, may occur between quarters, timeouts or injury</li> <li>- Offense has 10 seconds to bring ball across half court</li> <li>- Three second lane violations called</li> <li>- Rough play may result in a technical foul (two free throws and possession of ball)</li> <li>- Shooting fouls results in free throws - missed = 2 free throws; made = 1 free throw</li> <li>- Players foul out on 5<sup>th</sup> foul.</li> <li>- On 7<sup>th</sup> team foul in one half of play, then one and one free throws awarded</li> <li>- Winning team up by 20 after half time, no pressing or double teaming</li> <li>- Tied games - one 2-min overtime game to determine winner. No winner, game ends in tie</li> </ul>
<b>Defense</b>	<ul style="list-style-type: none"> <li>- Defense is man to man or zone; double teaming allowed</li> <li>- Back court defense allowed</li> </ul>



# NATIONAL YOUTH SPORTS – SAN ANTONIO

## RULES - BASKETBALL: 10 – 11 YEAR OLDS

*Applies to both practices and games*

	<ul style="list-style-type: none"><li>- Pressing allowed, unless winning team is up by 20 points or more</li><li>- Stealing allowed, but fouls will be counted resulting in free throws</li></ul>
<b>Scorekeepers</b>	<ul style="list-style-type: none"><li>- Volunteers keeping score at table must be adults (18 and over)</li><li>- Scorekeepers are not allowed to coach players from the score table</li><li>- The home team is responsible for running the game clock</li><li>- The visiting team is responsible for completing the scoresheet</li><li>- Scorekeepers are responsible for having coaches sign off on scoresheet after game</li><li>- Game time will be kept by officials or scoreboard clock will be used to manage game</li></ul>
<b>Coaching</b>	<ul style="list-style-type: none"><li>- Head coach and 2 assistants allowed at player bench</li><li>- Assistants must be seated at all times</li><li>- Head coach must enter players names and jersey number on scoresheet and sign off on score after the game.</li><li>- Coaches have authority to sit a player if acting unsportsmanlike or continuously misses practices without an excuse. Must notify referee and noted on scorecard.</li></ul>
<b>Officiating</b>	<ul style="list-style-type: none"><li>- One or two officials on court – they may instruct players on the court</li><li>- Officials will allow players to play and will call the game based on skill level</li><li>- Rough play or unsportsmanship by players – taunting or trash talking – may result in technical fouls and two free throw attempts and possession of ball.</li><li>- Officials may provide advice to players or coaches.</li><li>- Officials may encourage, congratulate or compliment players and coaches.</li><li>- Officials to remain on the court at end of game for end-of-game player/coach hand shake.</li></ul>
<b>Tournament</b>	<ul style="list-style-type: none"><li>- Tournament play available for this age group depending on the season.</li><li>- Brackets determined by seeding (win/losses and head-to-head competition) points scored on or against will not be considered in seeding.</li></ul>