



# NATIONAL YOUTH SPORTS – SAN ANTONIO

## RULES - BASKETBALL: 12 – 13 YEAR OLDS

*Applies to both practices and games*

<b>Objective</b>	At this age, standard basketball rules are in place and the focus is 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 encourage, be positive and motivate all player at all times.
<b>Zero Tolerance</b>	Any unsportsmanship or bad behavior – foul language, disrespect of officials, players, parents or other coaches - may result in ejection and/or suspension from the league. Any coach or player ejected due to technical fouls will be suspended from participating at their next scheduled game.
<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>- Game is played 5 on 5, can share players or play with less if not enough players present</li> <li>- Each child must play equal amount in every game</li> </ul>
<b>Uniforms</b>	<ul style="list-style-type: none"> <li>- NYS jersey or approved jersey must be worn at all times</li> <li>- Proper gym tennis 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>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 full size or regulation</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>- From 7<sup>th</sup> team foul in one half of play, then one and one free throws awarded</li> <li>- No clear outs to establish intentional one-on-one situations</li> <li>- Winning team up by 20 after half time, no pressing or double teaming</li> <li>- Tied game - 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>- Pressing allowed unless team is up by 20 or more points</li> </ul>



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	<ul style="list-style-type: none"><li>- Back court defense allowed</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>- Game time will be kept by officials or scoreboard clock will be used</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>- 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 will 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 – technical fouls will be called and two free throw attempts and possession of ball.</li><li>- Officials allowed to provide advice to players or coaches</li><li>- Officials allowed to congratulate/compliment players and coaches</li><li>- Officials to remain on the court at end of game for 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>