

OFFICIAL BASKETBALL RULES AND REGULATIONS

Revised October 28, 2024



THE PURPOSE AND GOAL OF OUR LEAGUE:

The Colonial Heights Athletic Commission (CHAC) Youth Basketball program is designed for each child to learn the fundamentals of the game, a respect for the rules, and the basic ideals of sportsmanship, and fair play. The goal is for kids to have FUN learning the game of basketball, during practice and games, while also inspiring life lessons such as responsibility, teamwork, discipline, self-control, sacrifice, and picking yourself up from failure.

Division	Age as of November 1
5/6 Rock Springs Division	5-6
7/8 Rock Springs Division	7-8
9/11 Miller Perry Division	9-11
12/14 Miller Perry Division	12-14

*The league reserves the right to make exceptions based on circumstances.

5/6 DIVISION

- 27.5 ball size
- 8 foot goal
- Free throws at the half circle
- No back court defense

7/8 DIVISION

- 27.5 ball size
- 9 foot goal
- Free throws at the free throw line
- No back court defense

9/11 DIVISION

- 28.5 ball size
- 10 foot goal
- Free throws at the free throw line
- Back court defense allowed

12/14 DIVISION

- 28.5 ball size
- 10 foot goal
- Free throws at the free throw line
- Back court defense allowed

STANDARD LEAGUE RULES

- All players must play a minimum of 2 quarters
- 10:00 minute running quarters
- Clock only stops for free throws and time outs
- 2 timeouts per team per half
- 30 second timeouts
- 2:00 minute overtime for 5/6 and 7/8
- 4:00 minute overtime for 9/11 and 12/14
- First team to score wins sudden death overtime
- Players will be disqualified for the following:
 - 5 personal fouls
 - 1 flagrant foul
 - 2 technical fouls
- Double bonus occurs at 5 team fouls and resets every quarter
- Teams must have at least 4 players present at the start of the game or it will be a forfeit