

Co-Ed Youth Basketball
Rules & Regulations
Updated: 11/05/2025



Schedules and results may be found on our website: www.teamsideline.com/denton

I. ELIGIBILITY

- **7U COED** – consists of boys and girls who are at least 5 years of age and no more than 7 years of age as of September 1st of the current school year.
 - **9U COED** – consists of boys and girls who are at least 7 years of age and no more than 9 years of age as of September 1st of the current year.
 - **11U Boys and Girls** – consists of boys or girls who are at least 9 years of age and no more than 11 years of age as of September 1st of the current year.
 - **13U Boys and Girls** – consists of boys or girls who are at least 11 years of age and no more than 13 years of age as of September 1st of the current year.
- Players are not allowed to play in a younger age division. They may, however, play up in an older age division, upon parental or guardian consent.

II. ROSTERS

1. Each team is allowed a minimum of five and a maximum of ten players.
2. Rosters for Incoming teams will be created and filled out 14 Calendar days before the start of the season.
3. No player may play on more than (1) team per season. A player may choose to play up one age division, but cannot play down an age division
4. In order to participate in the league, players must either be registered as an individual or be on a team roster. No players made be added to rosters past the last Friday before games begin.

III. EQUIPMENT/UNIFORM

1. All players on each team must wear a reversible jerseys that are matching in color which have a permanently affixed, non-duplicated, six (6) inch number on the back, and a four (4) inch number on the front of the jersey.
2. Players must wear shoes designed for indoor wood court surfaces. NO “turf shoes” or other black-soled shoes will be allowed.
3. Referees may ban any equipment that they deem unsafe or illegal.
4. **No jewelry** may be worn at any time during the game.

IV. PLAYER PARTICIPATION

1. Minimum Playing Time
 - a. 7u and 9u ALL Players are required to play a minimum of 2 Quarters
 - b. 11u and 13u ALL Players are required to play a minimum of 1 Quater

V. GENERAL LEAGUE RULES

1. Players will line up at the scores table and provide their name and number before the game. A roster check will be done before every game.
2. Game Time Length

LEAGUES	Quarter Length	Substitution Times	Half Time Length
7U COED	6 minutes	Every 3 minutes	2 Minutes
9U COED	8 minutes	Every 4 minutes	2 minutes
11U Boys & Girls	10 minutes	Any Dead Ball	4 minutes
13U Boys & Girls	10 Minutes	Any Dead Ball	4 minutes

- A. Point Spread Rule: If one team is ahead by 10 point or more for 7u and 9u or fifteen or more points for 11U and 13U, the clock will run continuously.
 - B. 7U and 9U Substitutions will be allowed during the half way point of every quarter. Time will be paused at the first available dead ball closest to this time.
3. Equipment Specifications

LEAGUES	BALL SIZE	GOAL HEIGHT	FREE THROW DISTANCE
7U COED	Rookie – 27.5	8 ft.	None
9U COED	Official Women's Size - 28.5	8.5 ft.	None
11U Boys & Girls	Official Women's Size - 28.5	10 ft.	12'
13U Boys & Girls	Regulation Size -29.5	10 ft.	15'

4. Each Player is allowed Five (5) fouls per game. After a fifth (5) foul, the player shall be removed for the remainder of the game.
5. During the regular season, there shall be no overtime play in the event of a tie. During the tournament, in the event of a tie at the end of regulation play, a three (3) minute period of overtime shall be played using a continuous clock. Each team shall be given one timeout for the overtime period. Unused timeouts from regulation play may not be used during the overtime period. If no winner is determined after the period is played it will then move to sudden death.
6. Teams will be allowed Five (5) minutes minimum of warm up.
7. Each team will be allowed four (4) one-minute time outs per game.
8. Teams must have four players to start a game and can legally play with four players without forfeiting.
9. Forfeit time is 5 minutes after game start. Teams will loose timeouts for each minute past start time.
10. Only the eligible players on the official roster and two coaches only will be allowed on the team bench and in the team area. A warning will be given at the first offense then a technical foul will be called on the offending team if rule is not followed

11. To discourage “running up the score”, all scores will be capped at a 20 point differential.
(Example: Final score is 40-0. The inputted score will be 20-0.)
12. Any Rules not explicitly written will be followed by UIL Rules.

VI. 7U SPECIFIC RULES

1. OFFENSE

- a. A coach will be permitted on the court at all times to help with game flow and referees.
- b. You will have 10 seconds to bring the ball across mid-court.
- c. Players are not allowed to travel with the ball. After 5 steps with no dribbling attempted or completed the coach of the Offensive team or Referee will stop play and rotate a new player into possession of the ball. The team shall not lose a possession.
- d. In-bounds plays may be used at the discretion of the coaches. If no in-bounds play is requested, the Offensive coach may choose to enter the ball into play by handing or passing it to a ball-handler at mid court.
- e. 3-point line is not in effect

2. DEFENSE

- a. Upon change of possession, the defense **MUST** retreat and allow the offense an open court to advance the ball into the offensive zone.
- b. Coaches **MUST** encourage all five players to retreat to 'normal' defensive basketball positions at the change of possession – from a rebound, turnover or inbound play.
 - i. Normal Position is considered within the 3-point arc
- c. Defense **MUST** be set before the offense advances the ball across the half-court line. Unless in the case of a fast break.
- d. No trapping of the ball handler. If the ball handler gets trapped the players will be asked to back off so we can progress game play. If this is not possible, the play will be stopped and the team originally in possession of the ball will be allowed to inbound the ball.
- e. No in-game free-throws. If basket is made on a foul team will be awarded the points
No “and1” Defensive fouls on missed shots will award possession back to the offensive team.
- f. No full court press will be permitted during the entire game.

VI. 9U SPECIFIC RULES

1. OFFENSE.

- a. You will have 10 seconds to bring the ball across mid-court.
- b. Traveling, Double Dribble and Carrying will strictly called within the 3-point arc. Traveling in other areas of the court shall be called at the referee's discretion or where an advantage is gained.
 - i. Competitive divisions violations will be called in all areas of the court.
- c. 5 second offensive lane violation will be in effect.
- d. 3-point line is not in effect

2. DEFENSE

- a. Upon change of possession, the defense **MUST** retreat and allow the offense an open court to advance the ball into the offensive zone.
- b. Defenders must remain behind the volleyball line (in between ½ court and 3 point arc) until the offensive team advances the ball into the front court to the volleyball line. Defenders shall not defend between ½ court line and volleyball line.
- c. No in-game free-throws. If basket is made on a foul team will be awarded the points No "and1" Defensive fouls on missed shots will award possession back to the offensive team.
- d. Offensive team will have a 5 second count to make a basketball move towards the goal or a 5 second call will be made and the ball will change possession. Once the offensive team makes a basketball move past the volleyball line then the defense shall be allowed to proceed.
 - i. Exception: In the last 2 minutes of the game once the offense moves across the volleyball line defenders may guard past this line in order to keep the offense from hold the ball and running out the clock.
- e. No trapping of the ball handler. If the ball handler gets trapped the players will be asked to back off so we can progress game play. If this is not possible, the play will be stopped and the team originally in possession of the ball will be allowed to inbound the ball.
- f. No full court press will be permitted during the entire game.

VII. 11U SPECIFIC RULES

1. OFFENSE

- a. You will have 10 seconds to bring the ball across mid-court.
- b. Traveling, Double Dribble and Carrying will be strictly called within the 3-point arc. Traveling in other areas of the court shall be called at the referee's discretion or where an advantage is gained.
 - i. Competitive divisions will be more strict with these violations.
- c. 3 second offensive violation will be in effect.

2. DEFENSE

- a. Upon change of possession, the defense **MUST** retreat and allow the offense an open court to advance the ball into the offensive zone.
- b. Defenders must remain behind the volleyball line (in between ½ court and 3 point arc) until the offensive team advances the ball into the front court to the volleyball line. Defenders shall not defend between ½ court line and volleyball line until the first time the offensive player advances the ball past the volleyball line.
- c. Offensive team will have a 5 second count to make a basketball move towards the goal or a 5 second call will be made and the ball will change possession.
- d. There shall be no pressing or trapping off a live, dead or inbound ball anywhere in the backcourt except during the last two (2) minutes of second half and/or during any portion of any overtime period, except in the case of a lead of 15 points or more. The head coach shall be warned after the first violation of this rule. For each violation during the remainder of the game, the head coach shall be given a technical foul
- e. If the shooter is fouled while making the basket, it is an automatic 'and 1' on a made shot. If the shooter is fouled while shooting but does not make the basket, one (1) Free Throw is awarded worth the value of the shot attempted (2 or 3).

X. REFUNDS

1. Credits or refunds will not be granted once registration has ended.
2. Credits or refunds will not be given for forfeited games.

XI. PRACTICE TIME & GAME RESPONSIBILITIES

1. Teams are provided one weekly practice time a week. Note: There may be times that your practice time is cancelled due to a city function or gym maintenance. We will try to notify coaches with as much advance notice as possible.
2. A copy of the game schedules and these rules are available on our website at www.teamsideline.com/denton .
3. Game balls will be provided.

PARENT/SPECTATOR, COACH AND PLAYER CODE OF CONDUCT

It's simple: BE A GOOD SPORT!

Children's sports are supposed to be fun and for the children. Unfortunately, many parents, fans and coaches don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults. The code of conduct for this league has been developed by National Youth Sports Safety Foundation (NYSSF) and Denton Parks and Recreation Department (DPARD).

Parents, fans and coaches who follow this simple code can help reinforce what sports are all about... BEING FUN FOR EVERYONE!

1. Teams and spectators should demonstrate good sportsmanship! Team chants/cheers and spectator and coaches comments should not be derogatory or demeaning towards opposing teams/players/coaches.
2. Spectators or players are not permitted to approach the score table or referee at any time. Only the head or assistant coach has authority to speak with the score table or referee if there is a question regarding the awarding of a point.
3. Spectators and coaches will be a positive role model for children and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, spectators, officials, and staff at every game, practice or league event.
4. Spectators, coaches and players will not engage in any kind of unsportsmanlike conduct with any official, coach, player or spectator such as booing, taunting, and refusing to shake hands, or using profane language or gestures.
5. Spectators, coaches and players will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
6. Spectators and coaches should praise their team members for competing fairly, trying hard, and make the children feel like a winner every time, regardless of the score!
7. The use of drugs, tobacco, and alcohol during youth sports is prohibited by City ordinance. Spectators, coaches and players will refrain from their use during all league activities.
8. Parents, remember that all coaches are volunteers! Respect the fact that they are willing to give so much of their time to your child.
9. Each team's coach is held responsible for the conduct of their fans/spectators/team participants.
10. Officials, score keepers, and DPARD staff have the authority to remove a player, coach, or spectator from a game and can declare the game a forfeit due to unsportsmanlike conduct.
11. Any player, coach, or spectator ejected from any league activity is suspended for a minimum of one (1) week from all DPARD league activities. The suspension could be longer depending on the severity of the infraction. Suspensions are not eligible for appeal.
12. Players, coaches, and spectators who have been ejected must leave the complex and may not return until the completion of their suspension.
13. Any ejection will be as technical foul. All technical/Flagrant fouls will result in 2 free throws for the other team and possession.
14. Any team receiving 3 Technical/flagrant fouls in a game will result in automatic forfeit of a game.
15. No fighting is allowed. First offense is a suspension for the rest of the season, second offense results in one year loss of eligibility in all league play or indefinite suspension if deemed severe.

16. If spectators, players, and/or coaches fail to abide by the code of conduct, they will be subject to disciplinary action as decided by the Denton Parks and Recreation Department. Disciplinary action could include, but is not limited to: verbal warnings, written warnings, ejections, and suspensions for various lengths.
17. Suspensions carry over from season to season and are enforced for all DPARD leagues.

The league rules may be changed by Denton Parks and Recreation, to provide a safe and fun league for all participants.