

Youth Basketball Rules Quick Reference Guide

Refer to full rules for details

		10u	12u	14u	18u
Equipment/ Court Specs	Ball Size	27.5	28.5	Girls - 28.5 Boys - 29.5	29.5
	Rim Height	Beginner - 8 Feet Advanced - 10 Feet	10 Feet	10 Feet	10 Feet
	Free Throw Line (From under the backboard)	12 feet	15 Feet	15 Feet	15 Feet
Defensive Rules	Press?	No	Until 15 point lead	Until 20 point lead	Anytime
	Half Court Trap?	No	Until 15 point lead	Until 20 point lead	Until 20 point lead
	Zone Defense?	No	Yes	Yes	Yes
	Legal Guarding Count?	No	Yes	Yes	Yes
Offensive Rules	3 Pointers?	Yes	Yes	Yes	Yes
	4-Corner Offense?	No	Yes	Yes	Yes

General Rules for all age groups

Coaches - SEATBELT

NO JEWELRY (except medical) - Earrings can NOT be taped!

20-min halves, 5 min halftime, stop time last 2 minutes of each half

Stop Scoring and Keep Running Clock when a team is ahead by 20

2 Timeouts per half, no carryover

Less than 4 players after 10 minutes is a forfeit

Lane Violations

Overtime: one 2-minute stop-time period, 1 timeout per team - no carryover. After that, game ends in tie

Minimum Playing Requirement: every players plays in EACH half

