



ARLINGTON-MANSFIELD AREA

BASKETBALL RULEBOOK

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Purpose of YMCA Sports

The YMCA sports program is designed to aid in the development and growth of kids. The YMCA is more than just buildings, athletic fields, or sports. It is an association of people united by a shared loyalty to Jesus Christ, working together to build Christian personalities and foster a positive society. While sports are a key program, the YMCA's goal is to promote physical, mental, and spiritual growth. Although important, the development of athletic skills and winning games are secondary to the ultimate goal: molding future men and women.

Arlington-Mansfield Area YMCA Mission Statement

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

Purpose of YMCA Volleyball

1. Build self-esteem
 2. Teach physical skills, fitness, and health
 3. Develop social skills and relationships among participants
 4. Strengthen and support family life
 5. Encourage responsibility, decision-making, and leadership
 6. Create a fun and enjoyable family activity
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YMCA Pledge and Procedures

Prior to each game, teams will warm up. Once ready, the referee will blow the whistle, signaling teams to line up shoulder-to-shoulder at mid-court and facing their opponents. The referee will then lead the teams in reciting the YMCA pledge:

YMCA Pledge:

"Win or lose, I pledge before God,
To play the game as well as I know how
To obey the rules,
To be a good sport at all times,
And to improve myself
In spirit, mind, and body."

After the pledge, the referee will provide any necessary pre-game instructions. Once complete, teams will proceed to their bench areas and prepare for the game.

Now You're a Coach

As a coach, you are your players' most important adult leader. Your role is to help them have fun, learn skills, develop sportsmanship, and engage with values meaningfully. Below are your key responsibilities:

Coaching Responsibilities:

1. **Parent/Player Communication**
 - Contact parents and players
 - Conduct parent/player meetings
 - Recruit players if needed
 2. **Practice Setup**
 - Set practice days, times, and locations
 - Explain discipline procedures for missed practices or behavior issues (approval from the Sports Director is required for severe actions)
 - Ensure players bring proper volleyball equipment (knee pads, water, ball, shoes)
 3. **Player Engagement**
 - Encourage good school grades
 - Ensure clean uniforms for every game
 - Involve parents as volunteers (e.g., line judges, team parents)
 - Verify roster accuracy and report corrections to the YMCA Sports Department
 4. **Practice Conduct**
 - Get to know your players personally
 - Help them set goals and work towards them
 - Teach volleyball skills, physical fitness, and teamwork
 - Enjoy yourself, and make sure the players know it!
 5. **Game Day Responsibilities**
 - Ensure players are present and prepared
 - Conduct pre-game warmups
 - Introduce yourself to the game official and opposing coach
 - Control your behavior, as well as that of your players and parents
 - Coach and encourage your team without officiating the game from the bench
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YMCA Coaching Philosophy

Youth coaching is about more than just winning. It involves teaching fundamentals, building teamwork, fostering fair play, and ensuring all players have a positive experience. The coach is a leader, role model, teacher, and friend. Your relationship with your team is the true measure of success.

Key coaching principles:

- **Keep it simple:** Avoid overcomplicating strategies. Focus on fun and skill-building.
 - **Focus on fundamentals:** Especially with younger teams, emphasize skill development and proper execution.
 - **Work with all players:** Both skilled and less skilled players deserve equal attention.
 - **Teach 'Fair Play':** Instill respect for teammates, opponents, rules, and officials.
 - **Encourage individual growth:** Help players set and achieve personal goals.
 - **Keep winning in perspective:** While winning is a goal, it should not overshadow the importance of skill development, fitness, leadership, and fun.
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Parents Need to Be Good Sports!

Arlington-Mansfield Area YMCA Spectator Code:

1. Remember, children play for their enjoyment, not yours.
2. Be respectful—avoid using profanity or harassing players, coaches, or officials.
3. Applaud good plays from both teams.
4. Show respect for opponents; without them, there would be no game.
5. Never ridicule a child for mistakes.
6. Respect officials' decisions.
7. Condemn violence in all forms.
8. Encourage fair play and adherence to the rules.

AMA YMCA Coaches Manual

Coaches Information

Every player should be given the opportunity to learn and enjoy the game. Players should be exposed to appropriate challenges and experience success before facing more advanced situations. Naturally gifted players may need additional challenges, but every player should feel supported and valued.

Player Organization

- Players will be organized into teams based on age and, whenever possible, specific requests.
- Returning players will be placed on teams on a first-come, first-served basis during regular registration.

Practice

- At the coaches' meeting, each coach will select a day, time, and location for their team's practice for the entire season.
- Coaches may reserve one practice time per week at YMCA facilities.
- Teams are allowed to practice twice a week, but the second practice must be at a location arranged by the coach.
- Typical practice locations include the YMCA, local schools, or churches.

Games

- Games will be held on Saturdays unless otherwise specified.
- Refer to your game schedule for specific locations, dates, and times.

Inclement Weather Policy

- Every effort will be made to play games at their originally scheduled time and location.
- If there is no notification from a YMCA staff member, assume games will proceed as scheduled.
- Once a game starts, the official or site coordinator is responsible for canceling the game if necessary.
- If one-half of the game is completed before cancellation, it will be considered a full game.
- The YMCA will reschedule one game during the season if needed. Due to facility limitations, rescheduled games may take place during the week.
- Coaches are responsible for informing parents of this policy.

Participant Responsibilities

- Players must register and pay the sports registration fee through the Arlington-Mansfield Area YMCA (in person or online) to be eligible to play and be placed on a team roster. No player is allowed to participate in two teams of the same age division.
- Players may be excused from practices for legitimate reasons if parents communicate with the coach.
- The YMCA is not liable for any injuries incurred during practices or games.

Role Models and Good Sportsmanship

Professional athletes may not always be the best role models for children, but the YMCA promotes good sportsmanship and healthy lifestyles. These values help children become positive role models for each other, for us, and for future generations. Adults must let children play and guide them with the right messages.

Coaching Objectives

- **Learning through play:** Players learn best by playing the game. Every player should be exposed to game-like situations during practice and be given challenges they can handle.
- **Progressive skill-building:** Players should first experience success with basic challenges before being exposed to more advanced or stressful situations.
- **Fair play for all:** Everyone can participate, but not all players will develop advanced skills. Coaches should ensure that more naturally gifted players face more challenging situations.

Fair Play

Principles of Fair Play

- **Respect for Opponents:** You need the other team to play, so show respect by treating them as partners, not enemies. Playing against a strong, respectful team often leads to a better game.
- **Self-Respect:** See yourself as an important part of the team and the game. Fair play means believing in your role and contributing positively.
- **Cooperation with Officials:** The rules exist to make the game better. Fair play involves respecting the rules and working with officials. Honesty with yourself and the officials helps you get more out of the game.
- **Helping Others Play:** Being a good team member means knowing your teammates and working together to improve everyone's experience.

Disciplinary Actions

The YMCA recognizes that coaches may need to discipline players for disruptive behavior during practices or games, as well as for missed practices. If a coach chooses to discipline a player, the following steps must be followed:

1. Obtain approval from the Sports Director.
2. Discuss the situation with the player's parents.
3. Notify the opposing coach before the start of the game.
4. Disciplinary actions apply to one game only; each offense requires separate approval.

Note: Discipline should address ongoing disruptive behavior, not isolated or unavoidable incidents. Players arriving late may lose the opportunity to play at least half the game at the coach's discretion.

Ejections

In the event of an ejection (player, coach, or fan), the head coach must notify the Sports Director within 48 hours. Failure to do so may result in further action against the head coach. The following penalties apply:

- The ejected individual will be placed on probation for the remainder of the season and receive a one-game suspension.
- A second ejection may lead to suspension for the rest of the season, depending on the severity of the offense.

The YMCA will not issue refunds for any player, coach, or fan ejected from a game, or for those involved in a suspended game or season.

Conduct

- Unsportsmanlike conduct from players, coaches, or spectators will not be tolerated. This includes actions such as arguing with officials or displaying disrespectful behavior toward others.
- Coaches are responsible for the behavior of their players and spectators.
- No unsportsmanlike behavior will be allowed at any time, as determined by the game official or a YMCA representative. Examples include, but are not limited to:
 - Intentionally distracting an opposing player during free throws or gameplay.
 - Repeated violations of the same rule.
- If a player, coach, or spectator is ejected, failure to promptly leave the gym may result in forfeiture of the game.
- Unsportsmanlike acts may result in a technical foul. Repeated offenses can lead to ejection from the game.

- At the conclusion of the game, teams should line up and participate in post-game handshakes or sportsmanship acknowledgment as directed by the official.

Rules not explicitly covered in this document will default to **NFHS Rules**.

First Aid

- Coaches and parents are responsible for providing first aid to their own team and children. However, a staff member trained in First Aid will be available to assist.
- Open sores or lesions must be covered before participating in the game.
- A player with an open wound will not be allowed to participate until proper treatment is administered.
- If treatment can be completed in a reasonable time, the player may re-enter the game. The official will determine what is considered reasonable.

Arlington-Mansfield Area YMCA Basketball Rules

Protest:

No protests will be accepted. Any disagreement arising during a game must be resolved immediately on the spot. Show respect for one another and prioritize making this a positive experience for the kids.

GAME RULES – ALL AGE DIVISIONS

The playing rules for the YMCA Basketball Program align with the National Federation of State High School Associations (NFHS.org). Only additions or modifications to those rules are listed below.

I. The Uniform

A. All YMCA players must wear the jersey provided by the YMCA Sports Department. All players **MUST** be in the YMCA-provided uniform top and bottoms. Failure to comply will result in the player being ineligible to play the game. Undershirts may be black or white. If a team opts for undershirts in a different color (e.g., red), all players must wear the same color. Players must keep shirts tucked into their shorts, and shorts must be worn properly above the hips.

Noncompliance with the uniform policy will result in the player being directed to leave the game.

B. Only non-marking, non-cleated athletic shoes are permitted for practices and games.

C. The following items are prohibited during games: jewelry, watches, earrings, hair bows, clips, or casts.

1. No headgear is allowed except plain-colored headbands.
2. Radios or any other noise-making devices deemed taunting or unsportsmanlike by officials are prohibited.

II. Maximum & Minimum Number of Players

- Maximum roster size: 10 players (twice the number of players on the court per team).
- Minimum to start a game: 3 players (two fewer than the number on the court per team).

III. Starting the Game

A. Coaches must have the last names and jersey numbers of all players listed in the official scorebook by game time.

B. Each team is responsible for providing one parent volunteer to assist at the scorer's table. Volunteers will either maintain the scorebook or operate the scoreboard. Scorebook volunteers must track the quarters played for each player.

C. A team must have five roster players on the court at game time to begin. Teams without five roster players at game time will forfeit the game. Only registered players may participate. Coaches who allow non-registered players to participate in any game or practice risk dismissal, and the game will be automatically forfeited.

IV. Bench Personnel

Only the head coach, two assistant coaches, and team players are permitted on the bench. All other individuals must remain in the stands. Each team must have a head coach aged 18 or older on the bench at all times unless otherwise approved by the YMCA Sports Department. Only one coach may stand at any given time; all other coaches must remain seated.

V. Participation and Substitutions

A. Every player who arrives on time for the game must play a minimum of two quarters. Players who do not participate in the 1st or 2nd quarter must play in the 3rd and 4th quarters. For teams with seven or more players, no individual player may play all four quarters. For teams with only six players, every player must participate in at least three quarters. Coaches should ensure players check in at the scorer's table before the start of each quarter they play.

B. Open substitutions are allowed in the 9-10 year-old division and above. For all other divisions, substitutions are only permitted during quarter breaks or in cases of injury, sickness, or disqualification.

VI. Alternating Possession

The alternating possession rule applies after the initial jump ball. The team that does not gain possession during the jump ball will receive the next alternating possession. This process continues throughout the game and carries over between periods.

VII. Legal Screening

- A. A screen is a legal action where a player, without causing contact, delays or prevents an opponent from reaching a desired position.
- B. The player executing the legal screen may face any direction.
- C. When screening an opponent from behind, the screener must allow the opponent one normal step without initiating contact.

Arlington-Mansfield Area YMCA Division Rules

3 & 4 Year Olds and 5 & 6 Year Olds (Full Court)

The 3 & 4-year-old division will play on a goal height of 6' (note: some gyms may be a few inches off). The 5 & 6-year-old division will play on a goal height of 8' (note: some gyms may be a few inches off).

The game will begin with the visiting team inbound for the first possession. Players must make an attempt to dribble when moving with the basketball. If a player gains possession and runs or moves without dribbling, a traveling violation will be called.

A. Score

- No score will be displayed during the game for the 3/4-year-old division.
- For the 5/6-year-old division, the score will be displayed but not recorded.

B. Length of Quarters

- 3 & 4-year-olds: Four quarters of six minutes each, with a one-minute intermission after the first and third quarters and a five-minute halftime.
- 5 & 6-year-olds: Four quarters of eight minutes each, with a one-minute intermission after the first and third quarters and a five-minute halftime.

C. Time-out/Stopping Play

- The clock stops only when an official:
 - a) Stops play for an injury.
 - b) Stops play for any emergency or necessary situation.
- In all other situations (out of bounds, violations, reporting fouls), the clock will run continuously.

D. Time-outs

- Two 30-second time-outs per team, per half. Unused time-outs do not carry over.
- A time-out cannot be granted until after the ball is live to start the game.

E. Time Violations

- No time violations will be enforced.

F. Throw-Ins

- Throw-in violations will not be enforced. Players will be instructed, and the throw-in will be retaken.

G. Dribbling & Fouls

- Players must attempt to dribble when moving with the basketball. Failure to do so will result in a traveling violation.
- A foul is an infraction involving illegal contact with an opponent while the ball is live, hindering their normal defensive or offensive movements.
- Fouls may include, but are not limited to: hitting, pushing, charging, holding, or reaching in.
- A disqualified player is one barred from further participation due to committing five fouls (personal and technical combined), two technical fouls, or a flagrant foul.

H. Free Throws/Bonus

- No free throws or bonus situations will be used in these divisions.

I. Defense

- "Man-to-man" defense is mandatory.
- Teams may not have all five players sag back into the lane, as this may be considered zone defense.
- No defense in the backcourt; defenders must allow the ball and ball handler to cross the midcourt line before applying pressure.
- Defenders must maintain a vertical defensive position.
- Defense may not steal the ball from the ball handler but may block shots and intercept passes.

J. The Ball

- 3 & 4-year-olds: Mini ball.
- 5 & 6-year-olds: Junior ball (27.5).

7 & 8 Year Olds (Regulation Court)

Game Setup

- Goal height: 8 feet (Note: Some gyms may vary by a few inches).
- The game will begin with a jump ball.

A. Length of Quarters

- Playing time consists of four quarters, each 8 minutes long.
- There will be a 1-minute intermission after the 1st and 3rd quarters, and a 5-minute break between halves.
- Overtime rules are the same as for the 11-14 year olds (refer to that section) and apply only during playoffs.

B. Time-out/Stopping Play

1. **Time-out situations:**
 - The clock stops when an official:
 - Stops play due to an injury.
 - Stops play for any other situation or emergency.
2. **Continuous clock:**
 - The clock will run continuously in all other situations (e.g., out of bounds, violations, foul reporting, free throws).

C. Time-outs

1. Each team may charge two 30-second time-outs during regulation time (per half). Unused time-outs do not accumulate and cannot be carried over.
2. Time-outs may not be requested until the ball becomes live at the start of the game.

D. Time Violation

- A player will commit a time violation if:
 - They take longer than 10 seconds to throw the ball in.
 - They take longer than 10 seconds to get the ball across half court.
- No violation will occur for spending too much time in the lane. The referee will simply instruct the player to leave the lane.

E. Throw-Ins

- Throw-in violations are not enforced. Violators will be instructed, and the throw-in will be retaken.

F. Foul/Disqualified Player

1. **Foul:**
 - A foul is a violation of the rules, charged and penalized. A personal foul involves illegal contact with an opponent while the ball is live, hindering their normal offensive or defensive movements.
2. **Disqualified Player:**
 - A player is disqualified from the game if they commit their fifth foul (personal and technical combined), two technical fouls, or a flagrant foul.

G. Free Throws/Bonus

1. **Free Throw Line:**
 - The free throw line will be 2 feet in front of the standard line, approximately 13 feet.
2. **Lane Space:**
 - The first marked lane space will not be used. No more than one player may occupy a marked lane space.
 - A maximum of four defensive players and two offensive players may occupy the marked lane spaces.
3. **Free Throw Setup:**
 - Any player, other than the free throw shooter, who does not occupy a lane space, must be behind the free throw line extended and behind the three-point line.
4. **Bonus Free Throws:**
 - There will be no bonus free throws.

H. Defense

1. **Man-to-Man Defense:**
 - "Man-to-man" defense is mandatory. Officials will identify this defense as one where each player covers a specific offensive player, applying reasonable pressure on the ball and covering players who drive or make moves near the lane.
2. **Zone Defense:**
 - Zone defense is not permitted. Defensive players must focus on guarding one offensive player.
3. **Backcourt Defense:**
 - No defense is allowed in the backcourt. The defense may not start guarding a player until the ball crosses half court. Once the ball crosses half court during a possession, defense may be applied anywhere in the front court.
4. **Double-Team Defense:**

- Double-teaming is only allowed in the lane.
- 5. **Steals:**
 - Defense may not steal the ball from a player while they are dribbling or possessing the ball. However, defense may block shots and intercept passes.

I. Backcourt

1. **Backcourt Violations:**
 - There is no backcourt violation ("over and back") enforced unless the offensive team uses the backcourt to deliberately avoid defense. In such cases, the referee may call a violation.
2. **Defense in the Backcourt:**
 - Teams are not allowed to play defense in the backcourt.

J. Ball Size

- This division will use a women's ball (28.5 inches).

Note: Rules are identical for both competitive and recreational divisions for 7/8 year olds.

9 & 10 Year Olds (Regulation Court)

Game Setup

- The game will be played on regulation 10' goals.
- The game will start with a jump ball.

A. Length of Quarters

- Playing time consists of four quarters, each 10 minutes long.
- There will be a 1-minute intermission after the 1st and 3rd quarters, and a 5-minute break between halves.
- Overtime rules are the same as for the 11-14 year olds (refer to that section) and apply only during playoffs.

B. Time-out/Stopping Play

1. **Time-out situations:**
 - The clock stops when an official:
 - Stops play due to an injury.
 - Stops play for any other situation or emergency.
 - Grants a time-out request from a player or head coach (only when the ball is under the team's control or when the ball is dead).
2. **Continuous clock:**

- The clock will run continuously in all other situations (e.g., out of bounds, violations, foul reporting, free throws).
3. **Last minute of the 4th quarter:**
 - The clock will stop on every whistle unless one team is leading by more than 20 points.

C. Time-outs

1. Each team may charge two 30-second time-outs during regulation time (per half). Unused time-outs do not accumulate and cannot be carried over.
2. Time-outs may not be requested until the ball becomes live at the start of the game.

D. Time Violations

- **Lane Violation:** A player cannot remain in the paint for more than 5 seconds while their team controls the ball in the front court.
- **Advancing the Ball:** A player must advance the ball past half court within 10 seconds.
- **Throw-In:** A player has 5 seconds to throw the ball in.

E. Throw-Ins

- The designated throw-in spot is one step to either side of the player's position when receiving the ball from the referee.
- **Throw-In Violations:** Violations will be enforced. The thrower must keep one foot on or over the spot until the ball is released.
- Pivot-foot restrictions and the traveling rule do not apply during throw-ins.

F. Foul/Disqualified Player

1. **Foul:**
 - A foul is an infraction of the rules, charged and penalized. A personal foul involves illegal contact with an opponent while the ball is live, hindering normal defensive or offensive movements.
2. **Disqualified Player:**
 - A player is disqualified if they commit their fifth foul (personal and technical combined), two technical fouls, or a flagrant foul.

G. Free Throws/Bonus

1. **Free Throw Line:**
 - The free throw line will be 2 feet in front of the standard free throw line, approximately 13 feet.
2. **Lane Space:**

- The first marked lane space will not be used. No more than one player may occupy a lane space.
 - A maximum of four defensive players and two offensive players may occupy the marked lane spaces.
3. **Free Throw Setup:**
 - Any player, other than the free throw shooter, who does not occupy a lane space, must be behind the free throw line extended and behind the three-point line.
 4. **Bonus Free Throws:**
 - Bonus free throw situations will be handled as outlined in the National Federation of State High School Association Rule Book.

H. Defense

1. **Zone Defense:** Zone defense is allowed for all 4 quarters.
2. **Backcourt Defense:** No defense is allowed in the backcourt. The defense must allow the offensive player to cross the mid-court line before applying pressure.

I. Backcourt

1. **Backcourt Violation:**
 - Once the offense has advanced the ball past half court, the player may not go back across the mid-court line. This is considered a backcourt violation.
2. **Defense in Backcourt:**
 - Teams are not allowed to play defense in the backcourt.
 - The offensive team has 10 seconds to advance the ball past half court or it is a time violation.

J. Ball Size

- **Boys & Girls:** Use a women's ball (28.5 inches).

11 & 12 Year Olds (Regulation Court)

Game Setup

- The game will be played on a 10' goal.
- The game will start with a jump ball.

A. Length of Quarters

- Playing time consists of four quarters, each 10 minutes long.
- There will be a 1-minute intermission after the 1st and 3rd quarters, and a 5-minute break between halves.

B. Extra Period (Playoffs Only)

1. **Tied Game at End of 4th Quarter:**
 - If the score is tied at the end of the 4th quarter, play will continue with one or more extra periods, with a 1-minute intermission before each extra period.
2. **End of Extra Period:**
 - The game ends at the end of the extra period if the score is no longer tied.
3. **Length of Extra Period:**
 - Each extra period will last 3 minutes. Extra periods are an extension of the 4th quarter, so timeouts will carry over. Each team will be granted one additional timeout for the extra period.
4. **Sudden Death Period:**
 - If the score is still tied at the end of the extra period, the game will proceed into a sudden death period. The game ends when the score is no longer tied. No clock will be used for the sudden death period.
5. **Jump Ball:**
 - All extra periods will start with a jump ball.

C. Time-out/Stopping Play

1. **Time-out situations:**
 - The clock stops when an official:
 - Stops play due to an injury.
 - Stops play for any other situation or emergency.
 - Grants a time-out request from a player or head coach (only when the ball is in control or at the disposal of a player, or when the ball is dead).
2. **Continuous clock:**
 - The clock will run continuously in all other situations (e.g., out of bounds, violations, foul reporting, free throws).
3. **Last Minute of the 4th Quarter:**
 - The clock will stop on every whistle unless one team is leading by more than 20 points.

D. Time-outs

1. Each team may charge two 30-second time-outs during regulation (per half). Unused time-outs do not accumulate and cannot be carried over.
2. Time-outs cannot be requested until the ball becomes live at the start of the game.

E. Time Violations

- All time violations as stated in the National Federation of State High School Association Rule Book will be enforced.

F. Foul/Disqualified Player

1. **Foul:**
 - A foul is an infraction of the rules, charged and penalized. A personal foul involves illegal contact with an opponent while the ball is live, hindering normal defensive or offensive movements.
2. **Disqualified Player:**
 - A player is disqualified if they commit their fifth foul (personal and technical combined), two technical fouls, or a flagrant foul.

G. Free Throws/Bonus

- Free throw administration and bonus situations will follow the National Federation of State High School Association Rule Book.

H. Defense

1. **No Defensive Restrictions:** There are no defensive restrictions for this age group.
2. **Full-Court Press:**
 - Both man-to-man or zone full-court presses are allowed.
 - Full-court press will not be allowed by teams leading by 20 points or more.

I. The Ball

- The boys will use a men's ball (29.5) and the girls will use a women's ball (28.5).

13 & 14 Year Olds (Regulation Court)

Game Setup

- The game will be played on a 10' goal.
- The game will start with a jump ball.

A. Length of Quarters

- Playing time consists of four quarters, each 10 minutes long.
- There will be a 1-minute intermission after the 1st and 3rd quarters and a 5-minute break between halves.

B. Extra Period (Playoffs Only)

1. **Tied Game at End of 4th Quarter:**

- If the score is tied at the end of the 4th quarter, play will continue without a change of baskets for one or more extra periods, with a 1-minute intermission before the start of the extra period.
2. The game will end at the end of the extra period if the score is no longer tied.
 3. Each extra period will be 3 minutes long. Extra periods are an extension of the 4th quarter, so timeouts will carry over to the extra period. Each team will be granted 1 additional timeout for the extra period.
 4. If the score is tied at the end of the extra period, play will continue without change of baskets for a sudden death period. The game ends the moment the score is not tied. No clock will be needed for the sudden death period.
 5. All extra periods will be started by a jump ball.

C. Time-out/Stopping Play

1. A time-out occurs, and the clock (if running) will be stopped when an official:
 - a) Stops play due to injury.
 - b) Stops play for any other situation or emergency.
 - c) Grants a player or head coach's oral or visual request for a time-out, which will only be granted when:
 - i. The ball is in control or at the disposal of a player on their team.
 - ii. The ball is dead.
2. The clock will run continuously in all other situations, such as out of bounds, violation, reporting of fouls, free throws, etc.
3. In the last minute of the 4th quarter and the last minute of any extra period, the clock will stop on every whistle unless one team is leading by more than 20 points.

D. Time-outs

1. Two 30-second time-outs may be charged to each team during a regulation half. Unused time-outs will not accumulate and may not be used.
2. A time-out will not be granted until after the ball has become live to start the game.

E. Time Violations

- All time violations stated in the National Federation of State High School Association Rule Book will be enforced.

F. Foul/Disqualified Player

1. A foul is an infraction of the rules that is charged and penalized. A personal foul involves illegal contact with an opponent while the ball is live, hindering the opponent's normal defensive and offensive movements.
2. A player is disqualified from the game if they commit their 5th foul (personal and technical), two technical fouls, or a flagrant foul.

G. Free Throws/Bonus

- Free throw administration and bonus situations will be as stated in the National Federation of State High School Association Rule Book.

H. Defense

1. There are no defensive restrictions for this age group.
2. Both man-to-man or zone full-court press are allowed.
3. There are no restrictions on a team's ability to play full-court press defense.

I. The Ball

- The boys will use a men's ball (29.5) and the girls will use a women's ball (28.5).

Point of Emphasis Rules

From the Federation Case Book

Traveling

1. **Rule 4, Sec. 4.42B**
PLAY: A1 attempts a shot after ending the dribble. The shot does not touch the backboard, rim, or any other player. A1 runs and catches the ball before it strikes the floor. Is this traveling?
RULING: *NO!* When A1 recovers their own shot, they may either dribble, pass, or try again. There is no team control when the ball is released for the shot.
2. **Rule 4, Sec. 4.42.5B**
PLAY: A1 dives for a loose ball and slides after gaining control. A1 is either on their back or stomach. What can A1 do without violating?
RULING: A1 may pass, shoot, or start a dribble. Once A1 has the ball and is no longer sliding, they may not roll over. If flat on their back, A1 may sit up without violating. Any attempt to get to their feet is traveling unless A1 is dribbling.
3. **Rule 4, Sec. 4.42.5C**
PLAY: A1 touches a knee to the floor while holding the ball. Is this traveling?
RULING: Yes. A1 has touched the floor with something other than a hand or foot, which constitutes traveling.

Out-of-Bounds

1. **Rule 7, Sec. 7.1.1B**
PLAY: A1 blocks a pass near the end line. The ball falls to the floor inbounds, but A1, who is off balance, steps off the court. A1 returns inbounds, secures control of the ball, and dribbles.

RULING: *Legal.* A1 did not leave the court voluntarily and did not have control when they stepped out. This situation is similar to one where a player makes a shot from under the basket and momentum carries them off the court. If the shot is unsuccessful, the player may return to the court and regain control.

2. **Rule 7, Sec. 7.1.2A**

PLAY: The ball strikes the side edge or top of the backboard or passes over the top of the backboard from (a) a throw-in from behind the plane of the backboard, or (b) a pass or shot from the front or back of the plane of the backboard, without touching any supporting brace.

RULING: In (a), if a rectangular backboard is used, the ball remains live after touching the side edge, but is a violation if it passes directly over the backboard. In (b), the ball remains live if it touches the side edge or the top edge, provided it rebounds and comes down in front of the backboard. The ball becomes dead if it passes directly over the top of a rectangular backboard, regardless of the action that causes it or whether it comes from the front or back of the plane.

Other Rules

- Any rules not listed above will follow the National Federation of High School rules, including the **(New) Freedom of Movement Rules**.

From the Federation Rule Book

- **Rule 9, Sec. 4: Travel, Kick, Fist**

A player shall not run (travel) with the ball, intentionally kick it, strike it with the fist, or cause it to enter and pass through the basket from below.

NOTE: Kicking the ball is a violation when it is a positive act; accidentally striking the ball with the foot or leg is not a violation.

- **Rule 4, Sec. 41: Throw-In**

The designated throw-in spot is 3 feet wide with no depth limitation and is established by the official prior to putting the ball at the thrower's disposal.

NOTE: The thrower must keep one foot on or over the spot until the ball is released.

Pivot-foot restrictions and the traveling rule are not in effect for a throw-in.