



10U BASKETBALL RULES

- The size of the playing area is full court or crosscourt.
- The height of the basket will be ten feet.
- The free-throw line will be twelve feet from the basket.
 - The clock will stop during player line up. Clock will resume once the player has possession of the ball from the official.
 - The player may land over the line after shooting a free-throw.
 - All other players lined up may not move until the ball hits the rim.
- The size of the basketball is a 28.5 inch.
- No forfeits! Game will be played five on five depending on team size.
 - Game will be played with less players, if less than five are in attendance.
 - Each team will have a maximum of ten players on their roster
 - Any more than ten players on a roster must be approved by league coordinator and head coach. Each child must play at least half of every game.
- The game will consist of four, eight minute quarters with a running clock except for timeouts and during free throw line up. There will be two, thirty second timeouts per team per half. Half time will last three minutes with one minute between quarters. Timeouts do not carry over.
- The home team will supply a volunteer clock manager to maintain game time at the start of each game.
- A jump ball will start each game. Possessions will alternate the rest of the game on all quarter breaks, jump balls, & double fouls.
- An NYS administered or approved jersey must be worn during the game.
- Three coaches are allowed on the sideline during the game.
- No official score will be kept.
 - Game time will be kept by either the official or scoreboard clock.
- Lane violations will be called at five (5) seconds.

- Fouls will not be officially recorded, but if a player is committing too many fouls, the official may decide to remove the player from the game with a warning.
- Defense must be man to man, no zone. The first violation will receive a warning. Second violation will receive a technical foul, one point, and possession of the ball.
- Double teaming is allowed in the lane area only and backcourt defense is not allowed. The first violation will receive a warning. Second violation will receive a technical foul, one point, and possession of the ball.
- Clear-outs are not allowed.
- Stealing is allowed, but only by the player defending the player in possession of the ball or on an intercepted pass.
- After each basket the opposing team will then inbound the ball from their end line.
- Offense must bring the ball across half court within the ten second time limit.
- If a player is fouled in the act of shooting and misses the basket, the player will be awarded two free-throws. However, if the basket was made, basket counts, and the player is awarded one free-throw.
- Each team's bench must be seated and cheering positively for their team. Trash talking will result in a technical foul.
- Unsportsmanlike conduct will result in a technical foul and player ejection. The opposing team will be awarded two points and possession of the ball. This includes players on the bench.
- NYS coaches are given the authority to sit a player that is acting unsportsmanlike or that has missed several practices without a legitimate excuse. The referee must be notified before the game is started.