

YOUTH BASKETBALL RULES & REGULATIONS



620 Middle Country Rd.
St. James, NY, 11780
631-361-9288
info@thesportsarena.net
www.thesportsarena.net

AGE DIVISIONS	Ages 5-6, 7-8, 9-10, 11-12, 13-15, 16-17
DIVISION ELIGIBILITY	The player's age as of January 1 determines the player's division placement/eligibility for the year. Players may "play up" a division, however under no circumstances is a player allowed to "play down."
NUMBER OF PLAYERS	All Divisions play 5 players vs. 5 players. Teams are allowed to play with 4 players to avoid a forfeit or for good sportsmanship purposes.
ROSTERS	The league will create teams of 10 players for each team, but accept team rosters that are larger. Minimum roster size is 10 players.
GAME LENGTH	5-6 year old Division – One (15) minute instructional period plus two (15) minute halves with a running clock. All other divisions will play two (20) minute halves with a running clock. During the final one minute of the first half and final two minutes of the game, the clock will be stopped on every whistle. A (2) minute break is given at half time for all divisions.
TIP OFF/JUMP BALLS	The game begins with two opposing players in the center circle, each jumping to tip the basketball that the referee tosses up. The team that does not gain the tip-off gains the possession arrow and will be awarded the basketball the next time it is tied up between opposing players. The teams will switch off with the possession arrow on every jump ball situation or at the beginning of a half. A jump ball will only be used again at the start of an overtime period.
PLAYING TIME	The league expects all coaches within the East, West and South skill levels of each division to give equal playing time to their players. For all North skill levels, playing time will be determined by the coach, although the league encourages equal time.
SUBSTITUTIONS	For the 5-6 year old division, the clock will be stopped every 5 minutes where substitutions will be made. For all other divisions, all substitute players must report to the scorer's table and will be allowed to check in to the game on a dead ball.
FOULS	All fouls will be called in accordance with National Federation of High School Association (NFHS) rules. Referee discretion will be used within the youngest division. A player will be disqualified from the game upon drawing their 5 th foul. On the 7 th team foul of each half, 1 and 1 will apply. On the 10 th team foul, 2 shots will be taken.
PRESSING	There is a "no press rule" for the entire game for the 5-6 and 7-8 year old divisions. For all other divisions, there is a "no press rule" if winning by 20 or more points.
TIME OUTS	Each team is allowed three (30 second) timeouts per game. One (1) time out will be allowed if the game goes to overtime. Time outs do not carry over into the overtime, but one (1) time out is allowed in OT.
OVERTIME	All games that are tied at the end of regulation time will go to a (2) minute overtime period. If the game is still tied at the end of the first overtime, consecutive one (1) minute overtimes will be played until a winner is determined. For the 5-6 year old division, a (2) minute overtime will be played. If the game is still tied at the end of the first overtime, the game will end in a tie.
JERSEYS	All players are required to wear matching jerseys with numbers. Shirts must be tucked in. T-shirts worn under the uniform jersey must match the color of the uniform jersey.
BENCHES	Only the head coach and two (2) assistants may be on the bench along with the players. Any direct or indirect technical foul assessed to any coach will result in loss of the "standing" privilege. (Seat belt rule). Two direct or three indirect technical fouls on a coach will result in ejection from court and stands. Further disciplinary action may be assessed as deemed appropriate by the league. Coaches may stand in the bench area only, not in front of the scorer's table. Head coaches may address the officials only. Players are required to be seated on the benches during the game.
EQUIPMENT	A size 27.5 basketball will be used for the 5-6 year old and 7-8 year old divisions, a size 28.5 basketball for the 9-10 year old and 11-12 year old divisions and a size 29.5 basketball will be used for all other divisions.
RIM HEIGHT	Rim heights will be adjusted to 7 feet for the 5-6 year old and 9 feet for the 7-8 year old division. All other divisions the rim height will be set to the standard 10 feet.
SPORTSMANSHIP	The league has a zero tolerance rule. Any player violating The Sports Arena's Code of Conduct will be penalized appropriately up to and including game ejection, future game suspensions and league expulsion. All Code of Conduct violations will be reviewed in detail and administered by the league.