Faith Recreation Ministry

10U Coed
Basketball Rules

I. Game Play Rules
Play is governed by the National Federation of State High School Associations' Rules Book (www.nfhs.org).

Playing time rules unique to Faith Recreation:
• Each player is required to start at least three games during the season.
• All players will play at least half of every game. At the end of a close game, it is understood that coaches will desire to play their best possible lineups. Please plan ahead for this situation by playing players fairly throughout the game. Coaches are to avoid playing their more skilled players the whole game. Playing time should be determined on a game by game basis.

A. Pressing Rule
• Teams may not full-court press.

B. Time Outs
• Each team has 3 "full" (one-minute) time-outs per game. An additional full time-out will be awarded for an overtime period if needed. Time-outs will not carryover to any overtime periods.

C. Free Throws
• Will be shortened to a 10-12ft free throw shot

D. Timing Procedures
• Two 20 Minute Halves with Running Clock
• Regulation clock the last two minutes of the half (unless 20+ point lead).
• 3-minute overtime with last minute regulation clock
• If still tied, move to FT shoot out (like soccer penalty kicks). The 5 players on the court shoot. If tied after 5 shots, bench players begin to shoot. Shoot until tie is broken, in sequential order.

E. Fouls
• Players have 5 personal fouls each. During game play once a team reaches 7 team fouls in that half, the opposing team will shoot double bonus. (*Offensive fouls do not count as a team foul)
The team foul count will reset at the start of each half.

II. Equipment
A. The ball used will be 28.5" ball (size 6). Coaches are instructed not to bring basketballs to gyms for games and practices, as Faith Recreation will provide balls.
B. Rim height will be 9.5 ft - 10ft

III. Conduct

Coaches must be very cautious to avoid the appearance of “running up the score”. Be realistic in your consideration of what constitutes a “safe” lead. There are many creative things that can be done to avoid embarrassing your opponents, while still maintaining the integrity of the playing experience. Consult a Faith Recreation staff member if you need help in this area.
All coaches are expected to behave in a Christ-like manner, serving as positive examples to players, parents, and fans. Every technical received for improper conduct will be reviewed by So Chhim, Director of Recreation, for disciplinary measures, with maximum penalty being dismissal as coach.

Any player, coach, or parent who receives an unsportsmanlike technical foul will be ejected from that game and suspended for the next game. If the player, coach, or parent receives another unsportsmanlike technical foul during the season they will be ejected from the game and suspended for the rest of the season.

Coaches should be concerned about their actions as well as those of their players and fans. They should encourage sportsmanship and make every attempt to calm and control inappropriate behavior by fans and parents. As ambassadors for Christ, our desire to win should be second in priority to our desire to present an effective Christian testimony.

Parents are expected to encourage a positive atmosphere and bring any concerns privately to their coach. Public displays of disagreement or anger toward a player/coach/referee will not be tolerated. All rules are subject to change at the discretion of the Faith Recreation Ministry.