



DEPARTMENT OF THE ARMY
US ARMY INSTALLATION MANAGEMENT COMMAND
DIRECTORATE OF FAMILY AND MORALE, WELFARE AND RECREATION
556 AUGUR AVENUE
FORT HUACHUCA, AZ 85613-7011

AMIM-HUW-WC-Z

15 December 2022

MEMORANDUM FOR RECORD

SUBJECT: Youth Basketball Rules, Fort Huachuca Child and Youth Services Youth Sports and Fitness Program

1. **BACKGROUND.** The Youth Basketball league will operate under the direction of the Fort Huachuca Child and Youth Services (CYS) Youth Sports and Fitness (YSF) Program. The league will consist of the following age groups: 5 to 6 Years Old, 7 to 9 Years Old, and 10 to 12 Years Old.
2. **SCHEDULES.** Practices will begin on or about 04 January 2023. Games will begin on or about 21 January 2023. The season will end on or about 11 March 2023. Schedules will be posted to www.quickscores.com. If there are changes, Team Coaches and YSF Staff will contact parents/guardians.
3. **TRANSPORTATION.** Parents/Guardians are responsible for transporting their child(ren) to and from all games and practices. Coaches are not permitted to transport children unless they are the parent/guardian or have Power of Attorney on file for the child.
4. **COACHES.** All Coaches (both Head and Assistant) must be approved CYS Volunteer Coaches. Volunteer Coach applications must be submitted and approved, background checks completed favorably, and CYS training completed prior to an individual being assigned to a team as a Coach.
5. **RULES FOR ALL AGE GROUPS.**
 - a. **TIMEOUTS.** In all age groups, each team is allowed two 60-second and two 30-second time outs per game. Only a Head Coach may call time outs.
 - b. **GAME DURATION.** Each game shall consist of four, 8-minute quarters, with a 5-minute half time.
 - c. **SCORE CLOCK AND SCORE BOOK.** For 10 to 12 Years Old teams, the Home team must furnish a reliable person to operate the score clock and Visiting team must furnish a reliable person to keep the score book 15 minutes prior to start of game.

d. SHOES. Basketball or any non-marking gym shoes are mandatory for all participants. It is highly recommended that these shoes are not used for outside and daily play. A clean pair of sneakers will provide better traction and reduce the risk of injury. Players should be advised to carry shoes into the gym.

e. UNIFORMS. Each player must wear their team jersey at all games and must keep their jersey tucked-in throughout the entire game. Shorts must not have pockets. Accessories to include, but not limited to, under shirts, head and arm bands, shooting sleeves, and knee pads must be black, white, or matching team color.

f. DISCIPLINE.

(1). If deemed necessary, Referees and YSF staff may caution and/or discipline Coaches, players, and spectators. YSF staff will record the names of the individual(s), the details of the incident, and any action taken. This information will be provided to the YSF Director/designee prior to leaving for the day.

(2). First inappropriate or disruptive incident will result in an immediate verbal counseling by the YSF staff member. This verbal counseling will be recorded by the staff member and kept on file in the YSF Office. If the caution/disciplinary action is for a Coach, a copy of this verbal counseling will be kept in the Coach's file for one year from the date of the verbal counseling.

(3). Second inappropriate or disruptive incident within a year of the first incident will result in a Letter of Warning from the YSF Director/designee. A meeting with the YSF Director/designee will be held during which the Letter of Warning will be given to the Coach, player, or spectator.

(4). Third inappropriate or disruptive incident within a year from the first incident will result in a Letter of Suspension via the Coach's/sponsor's Chain of Command from the Directorate, Family, Morale, Welfare, and Recreation (FMWR). A meeting with the FMWR Director, CYS Coordinator, and the YSF Director will be held and the Letter of Suspension will be issued to the Coach, player, or spectator. If a Coach is removed from his/her position, NAYS will be notified of the incident.

6. 5 to 6 YEARS OLD DIVISION.

a. Schedules will be posted to www.quickscores.com. If there are changes, YSF staff will contact the Coaches.

b. At no time will a score be kept in the 5 to 6 Years Old division. The purpose of this division is purely instructional and fun for the kids and all attempts must be made to keep it that way.

- c. The basket height is seven and one-half (7 1/2) feet and a Size 4 (25") basketball is used.
- d. If both teams do not have a minimum of five (5) players at game time, substitutions of players from the opposing team are allowed only with both teams' Coach's consent. Coaches may agree to play with four (4) players in extreme cases.
- e. Teams are not allowed to press. Once a team has gained possession of the ball in the backcourt, the opposing team must immediately retreat to their basket side of the half court line and line up in a defensive zone (at the free throw line extended).
- f. There will be no Man-to-Man defense used, and will not be allowed, even with Coach's consent. Courts will be marked accordingly with defensive zone areas.
- g. Stealing off-the-dribble is not permitted.
- h. Hands-up defense shall be played at all times.
- i. The defensive team may gain possession by intercepting a passed ball (chest, bounce, overhead, etc.). There will be no fast breaks.
- j. During all scheduled games, one (1) Coach from each team may be, but are not required, on the court during the game for the purpose of directing their team to the correct end of the court.
- k. The Coach may not physically position players and may not interfere with the normal play of the game. The Coach is on the court only to assist players in getting on the right side of the court.
- l. Assistant Coaches must remain in the team bench area and control players on the bench. Opposing Coaches may not position themselves in front of opposing team's bench.
- m. Games shall consist of four eight (8)-minute periods with a running clock. All quarters will be played as a running clock. During each quarter, the clock will stop at four (4) minutes for substitutions to take place. Coaches must make substitutions at this point. The clock will stop for timeouts and injuries.
- n. All players suited up for game will play a minimum of four (4) minutes in all quarters.
- o. Coaches will serve as the game official and will use his/her judgment in determining which fouls shall be called and which shall be ignored. Minor contact fouls will normally be ignored and major fouls will be called. Teams not in a zone defense will be directed to be and remain in a zone. Coaches shall instruct players not to double dribble, travel, and to use their pivot foot.

7. 7 to 9 YEARS OLD DIVISION:

- a. Schedules will be posted to www.quickscores.com. If there are changes, YSF staff will contact the Coaches.
- b. At no time will a score be kept in the 7 to 9 Years Old division. The purpose of this division is purely instructional and fun for the kids and all attempts must be made to keep it that way.
- c. The basket height is eight and one-half (8 1/2) feet and a Size 5 (27.5") basketball is used.
- d. If both teams do not have a minimum of five (5) players at game time, substitutions of players from the opposing team are allowed only with both teams' Coach's consent. Coaches may agree to play with four (4) players in extreme cases.
- e. Teams are not allowed to press. Once a team has gained possession of the ball in the backcourt, the opposing team must immediately retreat to their basket side of the half court line and line up in a defensive zone.
- f. There will be no Man-to-Man defense used and it will not be allowed, even with Coach's consent. Courts will be marked accordingly with defensive zone areas.
- g. Stealing off-the-dribble is not permitted.
- h. Hands-up defense shall be played at all times.
- i. The defensive team may gain possession by intercepting a passed ball (chest, bounce, overhead, etc.). At that point, a team may transition into a fast break. There will be no fast breaks off defensive rebounds.
- j. During all scheduled games, one (1) Coach from each team may be, but are not required, on the court during the game for the purpose of directing their team to the correct end of the court.
- k. The Coach may not physically position players and may not interfere with the normal play of the game. The Coach is on the court only to assist players in getting on the right side of the court.
- l. Assistant Coaches must remain in the team bench area and control players on the bench. Opposing Coaches may not position themselves in front of opposing team's bench.
- m. Games shall consist of four eight (8)-minute periods with a running clock. All quarters will be played as a running clock. During each quarter, the clock will stop at four (4) minutes for substitutions to take place. Coaches must make substitutions at this point. The clock will stop for timeouts and injuries.
- n. All players suited up for game will play a minimum of four (4) minutes in all quarters.

o. Coaches will serve as the game official and will use his/her judgment in determining which fouls shall be called and which shall be ignored. Minor contact fouls will normally be ignored and major fouls will be called. Teams not in a zone defense will be directed to be and remain in a zone. Coaches shall instruct players not to double dribble, travel, and to use their pivot foot.

8. 10 to 12 YEARS OLD DIVISION. Teams will abide by IAW current USA Basketball Youth Guidelines with modifications listed below:

a. Schedules will be posted to www.quickscores.com. If there are changes, YSF staff will contact the Coaches.

b. The basket height is nine (nine) to ten (10) feet and a Size 6 (28.5") basketball is used.

c. Clock modification. First and third quarters will be played with a running clock (the clock will stop during timeouts or injuries). The second and fourth quarter will be a running clock until the final 2 minutes of play. During this time, the clock will stop for fouls, free throws and dead balls.

d. All players suited up for game will play a minimum of 8 minutes.

e. If a team does not have a minimum of five (5) players at game time, the team without minimum required players will forfeit unless both teams' Coaches agree to play with four (4) players. Substitutions of players from the opposing team are prohibited and will not be allowed, even with Coach's consent.

f. Man-to-man defense and full court press are permitted. If one team is leading by 10 points or more, the team that is ahead must retreat to a half-court defense until the deficit is less than 10 points. Note, a warning will be given to a team that presses with more than a ten (10)-point lead. A second offense will result in a technical foul. Additional offenses will result in additional technical fouls.

g. The three-point shot may be used, providing the facility has a three-point line.

h. If a tie exists after regulation play, a single three (3)-minute overtime period will be played. If still tied, the score at the end of this period stands and the game ends in tie.

i. During Overtime, a regulation clock will be used (time stops for all dead balls). Overtime begins with a jump ball. One full time out will be given for Overtime. Overtime is an extension of the fourth quarter. Unused timeouts accumulate and may be used at any time.

j. There will be seven (7) team fouls per half before the bonus situation goes into effect. The tenth team foul by a team in either half will put their opponent in a two (2)-shot bonus situation for the remainder of that half.

9. Ejection Procedures:

a. There is a Zero Tolerance Policy regarding physically or mentally harming (e.g., berating or belittling) or threatening to harm any participants. If deemed necessary, Referees and YSF staff members may caution and/or eject Coaches, players, and spectators. The Head Game Official will record all cautions/ejections to include the player's, Coach's, or spectator's name and the offense in the official scorebook. If there is no official scorebook, the Official can record this information in his/her notebook and the YSF staff member will email this information to the YSF Director. Any person ejected must meet with the YSF Director prior to attending and/or participating in the next Practice or Game. Suspicion of child abuse or neglect will be reported immediately per the reporting protocol.

b. Following an ejection, the Coach and/or spectator must leave the sports field area immediately (out of sight and sound) or the Game will be forfeited. If there is no assistant Coach, and the Head Coach has been ejected, a YSF Team Member will assume Coaching duties and remain with the team and parents until the Game concludes, at which time the YSF Team Member will release the youth to parents or legal guardians. Ejected parties cannot return to the sports complex or any other YSF event until a meeting has been held with the YSF Director.

c. At the time of the ejection, the YSF staff member will take the following actions:

(1) Call the YSF Director/designee (if he/she was not present).

(2) Inform the Coach or player about the Ejection Policy.

(3) Observe the Coach/player leave the area.

(4) Escort the Umpire to the parking lot after the Game.

(5) Write an Incident Report and email all the information about the incident to the YSF Director/designee prior to leaving for the day.

d. As necessary, the CYS Coordinator may request a Sports Board to review the Incident Report(s) and discuss the consequences imposed upon the ejected participant.

e. Once a decision is made, the FMWR Director will review any requests for reconsideration. The ejected participant may submit a written request through the CYS Coordinator to the FMWR Director.

10. Safety Requirements.

a. Players wearing safety glasses while participating in games are required to wear a retainer strap attached and fastened properly.

b. Jewelry of any sort (to include tapped earrings) will not be worn by a player participating in a game or practice. If found, a technical foul will be assessed to the infracting team. The player will be substituted from game play until jewelry is removed.

c. Fingernails must be cut short.

11. The POC is the undersigned at 520-533-8437 or aaron.d.hamre.naf@army.mil.

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Aaron Hamre
POC, Youth Sports & Fitness
Fort Huachuca CYS

Encl.



Youth Guidelines – Rules and Standards

Youth Guidelines: Rules & Standards



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ABOUT

Basketball is a great game that is played by millions of young people in the United States and around the world. Playing basketball fosters the development of peer relationships, self-esteem, leadership qualities, and physical health.

To date, however, the sport of basketball has lacked guidelines around health and wellness and consistent game play standards. To help foster player health, age- and stage-appropriate skill development, and a positive and enjoyable on-court experience for young people, the NBA and USA Basketball have developed a set of rules and standards to enhance the playing experience for young athletes.



These guidelines aim to combat the overemphasis on early competitive success and the lack of a clear development pathway through the sport – two issues that exist across youth sports, including basketball.

The NBA and USA Basketball are committed to helping shape a youth basketball environment that prioritizes the health and well-being of young athletes and promotes their enjoyment and development in the game.

- USA Basketball and the NBA announced a set of rules and standards for youth basketball competitions to enhance the developmen...

RULES & STANDARDS

Basketball is played in countless settings and locations across the U.S. – and though the game remains fundamentally the same, there are many variables that can impact a young player’s experience. USA Basketball and the NBA want all players to enjoy the game and have a fun, developmentally appropriate experience.

Parents and coaches frequently ask certain questions, especially when their kids are young:

- How high should we set the basket?
- What size ball should we use?
- Should we play zone defense?

These are important questions, and we understand that playing with the correct equipment and establishing age-appropriate rules significantly impacts the experience for youth as they learn the game. Therefore, the NBA and USA Basketball have established detailed guidelines to help young players develop at a natural pace that is suitable to their age and physiological abilities.

Rules and Standards Elements

USA Basketball and the NBA have worked closely with an expert working group on Playing Standards to develop age- and stage-appropriate rules and standards for youth basketball. Aligning with the Player Segmentation Model, these guidelines will help young players appropriately learn the fundamentals of the game, achieve and maintain early success, and provide enhanced long-term development.

The rules and standards address four key areas:

- **Equipment & Court Specifications** (e.g., proper height of the basket, size of the ball, and court dimensions and lines).
- **Game Structure** (e.g., length of the game, scoring and timeouts).
- **Game Tactics** (e.g., equal playing time, player-to-player vs. zone defense, pressing vs. no pressing).
- **Game Play Rules** (e.g., use of a shot clock, substitutions, clock stoppage).

Rules and Standards Charts

See below for detailed rules and standards information. Please keep in mind:

- The playing rules and standards below are to serve as guidelines and recommendations for those administering basketball competitions.

- USA Basketball and the NBA have adopted FIBA (International Basketball Federation) rules for the grades 9-12 age- segment and created progressive sets of rules and standards for younger age segments (ages 14 and under). Where a specific rule or standard is not explicitly indicated, the recommendation is to follow official FIBA rules.

- USA Basketball and the NBA will utilize these playing rules and standards in all events and competitions they may host.

**We understand that organizations and facilities may not always be able to accommodate all recommendations and that modifications will need to be made in certain instances due to practical limitations (e.g., inability to raise or lower the height of a basket, re-draw court lines, or not having a shot clock).*

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EQUIPMENT AND COURT SPECIFICATIONS

Playing Segment	Size of Ball	Height of Basket	Size of Court	Distance of 3-Point Arc	Distance of Free-Throw Line
Ages 7-8	Boys and Girls size 5 (27.5")	8'	50'x42'	Not applicable	14'
Ages 9-11	Boys and Girls size 6 (28.5")	9'	74'x50'	Not applicable	14'
Ages 12-14	Girls size 6 (28.5") Boys size 7 (29.5")	10'	84'x50' or 94'x50'	19'9"	15'
Grades 9-12	Girls size 6 (28.5") Boys size 7 (29.5")	10'	94'x50'	22'2" or the next available line under 22'2"	15'

Note: 3-on-3 half-court play is also recommended for young players to foster enhanced participation and development.

RATIONALE

Distance of 3-Point Arc: For 7-8 and 9-11 year-olds, although the 3-point arc may exist on the floor, all baskets made beyond this arc only count as two points. Therefore, the distance of the line is not applicable for these age segments. Eliminating the 3-point basket at these age segments will encourage players to shoot from within a developmentally-appropriate range. For 9th-12th graders, a 22'2" arc is preferred, but if this line is not on a court the next available line under 22'2" is recommended.

Distance of Free-Throw Line: 7-8 and 9-11 year-olds should take free throws 14 feet from the basket to develop proper form and increase success.

Height of Basket: Utilizing a lower basket height for 7-8 and 9-11 year-olds allows children to develop proper shooting form and increases the opportunity for shooting success.

Scoring: All field goals for 7-8 and 9-11 year-olds are worth two points to encourage children to shoot within a developmentally-appropriate range. This allows for proper mechanics and form. While these age segments may attempt a shot behind the 3-point arc, any field goal made behind the arc will only count as two points.

Size of Ball: A smaller basketball for the younger age segments is advised due to the size of a child's hand as well as their developing skill level. A smaller ball allows for better control and success.

Size of Court: For 7-8 year-olds, a 50'x 42' court is contemplated to be a cross-court game on a full-sized basketball court. This dimension is more appropriate for younger children based on their relative size in space.

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GAME STRUCTURE

Playing Segment	Game Length	Time Between Periods	Extra Period(s)	Scoring	Timeouts	Start of Game Possession
Ages 7-8	Four 8-minute periods	1 minute	2 minutes	Free throw: 1 point All field goals: 2 points No 3-point field goals	<ul style="list-style-type: none"> Two 60-second timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play One 60-second timeout granted for each extra period Unused timeouts may not carry over to the next half or into extra periods 	Coin flip. Team awarded possession starts with throw-in at half court
Ages 9-11	Four 8-minute periods	1 minute	2 minutes	Free throw: 1 point All field goals: 2 points No 3-point field goals	<ul style="list-style-type: none"> Two 60-second timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play One 60-second timeout granted for each extra period Unused timeouts may not carry over to the next half or into extra periods 	Coin flip. Team awarded possession starts with throw-in at half court
Ages 12-14	Four 8-minute periods	1 minute	4 minutes	Free throw: 1 point All field goals: 2 points Field goal outside of 3-point arc: 3 points	<ul style="list-style-type: none"> Two 60-second timeouts permitted in the first half of play. Three 60-second timeouts permitted in the second half of play Maximum of 2 timeouts permitted in the final 2 minutes of the fourth period One 60-second timeout granted for each extra period Unused timeouts may not carry over to the next half or into extra periods 	Jump ball
Grades 9-12	Four 10-minute periods	2 minutes	5 minutes	Free throw: 1 point All field goals: 2 points Field goal outside of 3-point arc: 3 points	<ul style="list-style-type: none"> Two 60-second timeouts permitted in the first half of play. Three 60-second timeouts permitted in the second half of play Maximum of 2 timeouts permitted in the final 2 minutes of the fourth period One 60-second timeout granted for each extra period Unused timeouts may not carry over to the next half or into extra periods 	Jump ball

RATIONALE

Start of Game Possession: For 7-8 and 9-11 year-olds, a coin flip will determine the team that will start with the ball to mitigate significant differences in height and coordination among children. Alternating possession rules will then ensue throughout the game.

Timeouts: Managing the way timeouts are called allows for better game flow and decision-making by the player(s).

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GAME TACTICS

Playing Segment	Playing Time	Set Defense	Pressing Defense	Double-Team/Crowding	Stealing from the Dribbler
Ages 7-8	Equal playing time	Only player-to-player defense throughout the competition	Pressing is not allowed throughout the competition	Double-team/crowding is not allowed throughout the competition	Stealing from a dribbler is not allowed throughout the competition
Ages 9-11	Equal playing time in periods 1-3. Coaches discretion in the fourth period and each extra period	Only player-to-player defense throughout the competition	Player-to-player defense may be extended full court in the fourth period and each extra period Leading team may not extend the defense over half court when leading by 25 points or more	Double-team/crowding is not allowed throughout the competition	Coaches discretion throughout the competition
Ages 12-14	Coaches discretion throughout the competition	All allowed throughout the competition at coaches discretion	Pressing allowed throughout the competition Leading team may not press when leading by 25 points or more	Allowed throughout the competition at coaches discretion	Coaches discretion throughout the competition
Grades 9-12	Coaches discretion throughout the competition	All allowed throughout the competition at coaches discretion	Pressing allowed throughout the competition	Allowed throughout the competition at coaches discretion	Coaches discretion throughout the competition

Definitions:

- Player-to-Player Defense –
 - Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player’s movements with or without the ball.
 - The defensive player must stay on the same side of the court as the offensive player, divided by the rim line.
 - If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.

- Pressing Defense – Defensive guarding, either on or off the ball, within the backcourt.
- Double-Team/Crowding – Two or more defensive players guarding a single offensive player

RATIONALE

Double-Team/Crowding: Crowding the ball with multiple players (referred to as “double-teaming”) is not allowed for 7-8 or 9-11 year-olds due to skill and size discrepancies among children at these ages. Crowding is allowed for 12-14 year-olds and older to remain consistent with pressing defense standards.

Playing Time: To ensure that all young children participating in the sport have an opportunity to experience the game, equal and fair playing time is recommended for 7-8 year-olds. For 9-11 year-olds, equal playing time is recommended for periods 1-3, while allowing coaches discretion in the fourth and extra periods. Equal and fair playing time is encouraged throughout all segments.

Pressing Defense: Pressing defense is prohibited for 7-8 year-olds to help children develop principles of movement with and without the ball in a half-court setting. For 9-11 year-olds, permitting player-to-player defense to extend full-court in the fourth and extra periods allows players to become accustomed to full-court defense while not having to understand sophisticated zone presses. It also allows for an introduction to competitive tactics.

Set Defense: The player-to-player requirement for 7-8 and 9-11 year-olds encourages physical activity and movement, and promotes the development of individual skill related to guarding a player both on and off the ball.

Stealing from the Dribbler: At ages 7-8, players are not allowed to steal the ball from an active dribbler. This allows ball-handlers to develop dribbling skills and confidence with the basketball.

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HIGHLIGHTED GAME PLAY RULES

Playing Segment	Backcourt Timeline	Shot Clock	5 Seconds Closely Guarded	Clock Stoppage
Ages 7-8	Not applicable	Not applicable	Not applicable	On any dead ball
Ages 9-11	10 seconds	Not applicable	Only when the offensive player is holding the basketball	On any dead ball
Ages 12-14	10 seconds	30 seconds <ul style="list-style-type: none"> • Full 30 second reset on offensive and defensive rebounds • Full 30 second reset on any foul 	Only when the offensive player is holding the basketball	<ul style="list-style-type: none"> • On any dead ball • After a made field goal in the last 2 minutes of the fourth period and in each extra period
Grades 9-12	8 seconds	24 seconds <ul style="list-style-type: none"> • 14 second reset for offensive rebound • Full 24 second reset for fouls committed in the backcourt • If a foul is committed in the frontcourt and the shot clock is above 14 seconds, there will be no reset and the clock will continue from the time it was stopped • If a foul is committed in the frontcourt and the shot clock is under 14 seconds, it shall be reset to 14 seconds 	Only when the offensive player is holding the basketball	<ul style="list-style-type: none"> • On any dead ball • After a made field goal in the last 2 minutes of the fourth period and in each extra period

RATIONALE

Backcourt Timeline: Not having a timeline violation for 7-8 year-olds allows coaches to communicate to players before they reach half court. This assists coaches in teaching children, particularly for those first learning the game. The progression to 10 seconds for 9-11 and 12-14 year-olds, and later to eight seconds for Grades 9-12, allows the game to flow while developing skills such as ball-handling, passing and decision-making.

Clock Stoppage: Stopping the clock following a made basket within the last two minutes of the fourth period and any extra periods for 12-14 year-olds and 9th-12th graders allows for additional strategic decision-making. Fewer clock stoppages for 7-8 and 9-11 year-olds allows for a better game flow.

Shot Clock: The 30-second shot clock for 12-14 year-olds, along with the 24-second shot clock for 9th-12th graders, allows for more possessions for each team, better game flow and places decision-making elements in the hands of players.

HIGHLIGHTED GAME PLAY RULES CONTINUED

Playing Segment	Length of Time for a Free Throw	Number of Players Permitted on Free-Throw Lane	Substitutions	Advancement of Ball after a Timeout
Ages 7-8	10 seconds	Offense may have 3 players on the lane, including the shooter Defense may have 3 players on the lane	Either team may substitute when the clock is stopped	Not applicable
Ages 9-11	10 seconds	Offense may have 3 players on the lane, including the shooter Defense may have 3 players on the lane	Either team may substitute when the clock is stopped	Not applicable
Ages 12-14	8 seconds	Offense may have 3 players on the lane, including the shooter Defense may have 3 players on the lane	<ul style="list-style-type: none"> • Either team may substitute on any dead ball • Either team may substitute before the first free throw attempt or after the last free throw if made • A non-scoring team may substitute after any field goal scored in the last 2 minutes of the fourth period and each extra period. If the non-scoring team substitutes, the scoring team may also substitute 	In the last 2 minutes of the fourth period and each extra period following a timeout, the ball will be inbounded from the offensive team's frontcourt opposite the scorer's table
Grades 9-12	5 seconds	Offense may have 3 players on the lane, including the shooter	<ul style="list-style-type: none"> • Either team may substitute on any dead ball • Either team may substitute before the first free throw attempt or after the last free throw if made 	In the last 2 minutes of the fourth period and each extra period following a timeout, the ball will be inbounded from the offensive team's frontcourt opposite the scorer's table

Defense may have 3 players on the lane

- A non-scoring team may substitute after any field goal scored in the last 2 minutes of the fourth period and each extra period. If the non-scoring team substitutes, the scoring team may also substitute

RATIONALE

Advancement of the Ball after a Timeout: For 7-8 year olds, the focus is on development over strategy. Therefore, there is no pressing defense at this level, and the ball will not automatically advance after a timeout. Similarly, the ball does not advance after a timeout for 9-11 year olds because the focus remains on development over strategy.

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To see the full recommendations by age segment, see the links below.

- [Ages 7-8 \(PDF document\)](#)
- [Ages 9-11 \(PDF document\)](#)
- [Ages 12-14 \(PDF document\)](#)
- [Grades 9-12 \(PDF document\)](#)

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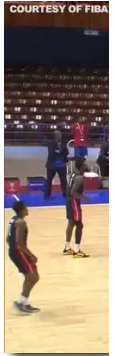
FEATURED USA BASKETBALL VIDEOS



2022 MEN'S U17 WORLD CUP SIGHTS AND SOUNDS



2022 U.S. OPEN BASKETBALL CHAMPIONSHIPS RECAP



USA VS.