



Youth Basketball

14U / 11U

Rules + regulations

Rosters

- League play will be 5-on-5 | Coach must submit roster to scorekeeper 10 minutes before tipoff

Equipment

Game balls: Provided at each location.

Size 28.5

Rim height

10 feet

Game Play

Clock stoppages: Quarter breaks (1 min) | Timeouts (30 sec) | whistles in final TWO minutes of 4Q + OT if score within 10 points or less

Coaches: *Must stay off court*, out of way of officials and scorekeepers | Ejection = 2 game suspension

Fouls: Fouled player will shoot 1-and-1 after 7 team fouls in a half and will shoot 2 FT after 10 team fouls in a half or when fouled in the act of shooting (*3 FT if fouled on 3P shot*) | Foul counts do not reset in OT | Players will foul out on 5th personal foul

Game length: FOUR 10-minute quarters

Players: Foul out on 5th foul | Ejection = 2 game suspension

Possession: Tipoff will be held to determine opening possession of game | alternating possession on jump ball calls + start of new quarter.

Overtime: In the event of a tie, one TWO-minute OT period will be held. This will repeat until winner is determined.

Substitutions: Teams can substitute during any dead ball situations.

Timeouts: One 30-second timeout per team, per half. No additional timeouts in overtime.

Scores and standings

Scores and standings will be kept | Scorekeeper will post scores online | **Scoreboard should never reflect more than 30-point lead | Example: If home team leads 30-0, no more points will be added to their side until visiting team scores.**

IN GAME RULES – Offense

Teams may play any type of offense.

IN GAME RULES – Defense

No defending across half court in first half | No defending across half court at any point if leading by 10+ | Otherwise, teams may play any style of defense

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