



# St. Philip's School and Community Center Saints Basketball Rule Book - '26





## Introduction

This rule book outlines the guidelines, expectations, and code of conduct for the St. Philip’s School and Community Center Saints Basketball Team. These rules apply to all age groups: 4U, 6U, 8U, 10U, 12U, and 14U. Our goal is to promote teamwork, skill development, sportsmanship, and fun in a safe and respectful environment.

## Team Eligibility

- Players must be enrolled on Quick Score for St. Philip’s School and Community Center Basketball League for accessibility & liability reasons.
- Age groups are determined by the player's age as of **August 1** of the current school year.

Teams	4U	6U	8U	10U	12U	14U
<b>Goal Height</b>	6ft	8ft	10ft	10ft	10ft	10ft
<b>Free Throws</b>	4ft	10ft	10ft	12ft	15ft	15ft
<b>Time Outs</b>	2 full/2-30s per half	2 full/2-30s per half	2 full/2-30s per half	2 full/2-30s per half	2 full/2-30s per half	2 full/2-30s per half
<b>Game Length</b>	6 min per quarter	6 min per quarter	8 min per quarter	8 min per quarter	8 min per quarter	8 min per quarter
<b>Goal Size</b>	Half Court	Half Court	Full Court	Full Court	Full Court	Full Court
<b>Ball Size</b>	Size 4	Size 5	Size 5	Size 6	Size 7	Size 7

## Game Clock

- Official game time is kept on the scoreboard, if available.
- The referee will keep the official time when a scoreboard is not available

## Game Length: (4 Quarters)

4U – 6U Coed 6-minute quarters (running clock)

8U Coed 8-minute quarters (running clock)

10U Boys/Girls Teams – 8-minute quarters (running clock)

12U Boys/Girls Teams – 8-minute quarters (running clock)

14U Boys/Girls Teams – 8-minute quarters (running clock)

Clock **ONLY** stops inside 2 minutes of the **2<sup>nd</sup>** and **4<sup>th</sup>** quarters on a dead ball (when the whistle blows). Also stops for Time Outs! (3 Full, 2 30 Sec for the game)

- **Each team gets a total of (4) time outs per game. Two full (60 second) and two (30 second) \*New UIL Rule: No 1 and 1’s in Quarter Play. 5 Team Fouls per quarter, then Double Bonus on the 5th foul.**
- **Overtime: One (1), 3 min, Sudden Death; Each team shoots FREE THROWS if there’s still a tie. 3 Different Players get 1 shot each, best of 3 wins.**

*Both teams must line up to shake hands after the game!!!*





## Required Players

- A minimum of 4 players per team must be present to start a game. If both teams have at least 4 players present at game start time, the game must start.
- A team with 5 or more players present is not required to play with less than 5 players on the court, even if the opposing team only has the minimum of 4 players present. However, in the spirit of sportsmanship, a coach may choose to play only 4 players if the opposing team does not have a 5th player.
- When the team's 5th player arrives during the game, the 5th player may enter the game at any whistle.
- If five minutes after game start time, a team does not have at least 4 players present and ready to play, the referee will declare the game a forfeit.

## Player Participation/Substitution

- In the spirit of recreation and development, participants in basketball are expected to receive equal playing time. Coaches are responsible for ensuring that all players meet their league specific mandatory playing time requirements.
- 4U - 6U: All players must receive equal playing time.
- 8U - 14U: Equal playing time in first half. Coaches have discretion in the second half and each extra period.
- A coach who has a dispute over playing time must bring the infraction to the attention of the official and opposing team coach in time for it to be resolved during the game. If a team does not provide a scorekeeper or notify the referee and opposing coach of an apparent violation, there is no basis for complaint. Refusal to comply with equal playing time requests from an official will result in a technical foul for the coach at the discretion of the referee.
- There will be 1 substitution in the 1st quarter for all age divisions unless there is an injury, or a team has more than 10 players present at the game.
- Any player not playing in the 1st quarter must play the entire 2nd quarter for all ages.

## Coaches on the Court

- No coaches, parents, fans, or spectators will be allowed on the court during 8U-14U games.
- Coaches are not allowed on the court at any time and must remain in their designated bench areas.
- The only exception is in the 4U and 6U teams.
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## Scoring

- 4U, 6U and 8U: all baskets are worth 2 points. Free throws are worth 1 point.
- 10U -14U: Free throws score one point. Baskets scored from outside the three-point line count as three points.
- Both teams will start at 0- 0 and play the remaining time
- Basket height: see the provided grid for the basketball height for each age group.
- Free throw distances (measured from the backboard) See the provided grid.

## Overtime

- **Overtime: One (1), 3 min, Sudden Death; Each team shoots FREE THROWS IF there's still a tie. 3 Different Players get 1 shot each, best of 3 wins.**
- 8U, 10U, 12U, and 14U: if the score is tied at the end of regulation game time, there will be one 3-minute overtime period. The clock will not stop, except for timeouts (1), injuries, and free throws. If the score is tied at the end of the overtime period, then there will be a “shootout” with every player on each team lined up on the free-throw line to shoot 1 free throw. If one team has more players than the other, then the team with fewer players will pick 1 or more players to shoot an additional shot. The team with the most “makes” wins.

## Defense

- Loose balls and passes may be picked up by the defense.
- **Shot blocking is allowed in all age groups.** Shot blocking does not consist of taking the ball from the hands of a player in possession of the ball. A shot block is tipping or batting a try for a goal. A try is defined as a throw, tip, or bat of the ball towards the player's basket. This implies shots may not be blocked until after the ball is in motion towards the goal.
- **Stealing:** players may steal the ball except for the following exception:
- **4U and 6U** cannot steal the ball when the player is just holding it.
- **8U – 14U** players can steal the ball anytime.
- These rules are in place to encourage the offensive player to learn how to pass or dribble with correct form without the pressure of having the ball stolen.
- For **4U and 6U**, any player may stop a fast break but must return to their player after the fast break is over (when the offensive team pulls the ball out and sets up their offense).
- **Defenders must yield at least 3 feet to the offensive player on throw-ins.**
- **4U and 6U must play man-to-man defense only.**
- **8U, 10U, 12U, and 14U can play zone or man defense.**
- **4U and 6U: no full-court press is allowed.**
- **Defensive players must retreat across the midcourt line to the top of the key.** The defense may extend past the top of the key only after the basketball crosses the mid-court line. This will be enforced after steals, rebounds, and after the offensive team scores.





- **4U and 6U: Defensive players must retreat across the mid-court line to the top of the key.** The defense may extend past the top of the key only after the basketball crosses the mid-court line. This will be enforced after steals, rebounds, and after the offensive team scores. Zone or man-to man defense is allowed. Full-court press is allowed during the last 2 minutes of the game and overtime provided the score differential is less than 20 points.
- **8U - 14U: Full-court press is allowed.**
- **Any team who leads a game by 20 or more points must discontinue to full-court press immediately.** While leading by ten more points, the defense must go back to the top of the key, until the ball crosses the mid-court line.

### Offensive Lane Violations

- 4U and 6U: not called
- 8U: 5 seconds
- 10U: 5 seconds
- 12U: 3 seconds
- 14U: 3 seconds

### Officials/Coaches

- **4U and 6U:** each team may designate one coach to be on the court to assist the players during the game. All other coaches and parents should remain on the sideline.
- The officials will oversee the game and will have the authority to remove, at their discretion, participants or spectators who exhibit poor sportsmanship.
- Coaches are responsible for the behavior of parents/fans of their team.
- **Abuse, verbal or physical, of an official will not be tolerated and may lead to ejection from the game and/or permanent ejection for the season.**
- Head coach can stand throughout the game, and all assistant coaches must remain seated during the game.
- The head coach is the only bench personnel who may address an official.
- There may only be two adult coaches on the bench, the head coach and one assistant.

