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Basketball Rules & Regulations

Youth Basketball Rules

The following rules have been designed to ensure fair play for all participants. Each player and coach is expected to understand these rules prior to participation in the tournament. Any questions concerning these rules should be directed to the Forney Sports Center Director.

1.0 Purpose The Forney Sports Center (FSC) Basketball Program is organized to provide a recreational activity for boys and girls. The program is designed for the following purposes:

1. To aid in the physical development through fun and exercise
2. To teach the basic fundamental skills of the game of basketball
3. To aid in the social development through good sportsmanship and moral character with adult guidance
4. To teach good attitudes and discipline to our youth participants

2.0 GOVERNING RULES A. FSC Youth Basketball League will be governed by the National Federation of High School (NFHS) rules with the exceptions covered herein.

2.1 PLAYER ELIGIBILITY A. League and Age Requirements – Players' age will be determined by their age as of September 1 of the current year Age Categories (BOYS & GIRLS)

DIVISION
6u
8u
10u
12u
14u
17u

If participation is not sufficient enough, the players may be divided into 3-year increments. Eighteen-year-olds will play in the Adult league.

2.2 TEAMS A. Number of Players – Each division will consist of 12 players per team.

1. Only players listed on the official roster maintained at the Forney Sports Center are eligible to participate in games.
2. Guest players are not authorized at any time or under any circumstances.
3. A player may only play on one (1) team per age division.
4. Players may play in their age division or higher

5. Rosters will be locked after the 3rd week of the season B. Number of Coaches – There will be a limit of two coaches per team, one head coach and one assistant coach. In the event that neither coach is available, a parent may act as the stand-in Head Coach.

2.3 PLAYER LIABILITY

A. Each player must have a signed “General Release – Youth Basketball Release of Liability” form on file prior to participating in the league.

2.4 LENGTH OF GAMES

A. Playing Time

1. 6u, 8u and 10u league games will consist of two (2) 14 min halves each
2. 12u, 14u and 17u league games will consist of two (2) 17 min halves each

B. Running Clock – Each half will use a running clock except for the last three (3) minutes of each half and overtime.

1. During the running clock, the time will only stop for timeouts, injuries and officials’ discretion.
2. When a team leads by 20 points or more in the last three (3) minutes of each half, the clock will continue to run. If the lead is reduced below 20 points in the last three (3) minutes, the regulation clock will resume.

C. Timeouts – Each team will be allowed four (4) 30 second timeouts per game. Players are permitted to sit on the bench during a timeout. Coaches can use the timeouts at their discretion.

D. Halftime – There will be three (3) minutes between the halves

E. Overtime – Play will consist of three (3) minutes

1. One (1) 30 second timeout per overtime
2. Timeouts do not carry over from regulation into overtime
3. Running clock will not be used during overtime periods.
4. All players that have not fouled out are eligible for overtime.
5. Fouls and bonus will carry over into overtime

2.5 PLAYING RULES

A. Eight (8) game season with a single elimination tournament

B. Press

1. No full court press is allowed until the **second half**. When a full court press is not allowed, the defensive team must drop back to mid court as soon as the offensive team has gained possession of the ball. Failure of the defensive players to drop back is a violation. The first violation will draw a warning from the officials; subsequent violations will receive a technical foul against the bench.

2. Teams are not allowed to press over half court with a 20 point or more lead. The first violation will draw a warning from the officials; subsequent violations will receive a technical foul against the bench.

3. Provision: Prior to the game, the coaches of each team can discuss and decide to press the whole game. If the decision is made to press both halves, the coaches need to confirm with the Refs before the start of the game.

C. Free Throws

1. Teams will shoot 1&1 free throws on the 7th, 8th, and 9th team fouls
2. Teams will shoot double bonus beginning with the 10th team foul and all *in the act of shooting* fouls
3. No player may enter until the ball hits the rim.
4. Players will line-up above the block
5. 6u and 8u divisions will shoot at the 12 foot line
6. 10u, 12u, 14u and 17u will shoot from the regulation free throw line (15 feet)

D. Fouls

1. Team fouls: Every foul counts as a team foul, including offensive and technical fouls
2. Technical Fouls: Result in two (2) free throws and loss of possession. Two (2) technical fouls against a player or coach will result in ejection from the game. The player or coach must immediately leave the playing area. Technical fouls assessed for inappropriate behavior by the fans or bench will be assessed to the Head Coach

E. Uniforms

1. Teams are responsible for providing their own uniforms
2. All uniforms shall have numbers on the front (4") and back (6"). Numbers may be up to 2 digits (0-99)
3. Reversible uniforms are recommended but not required

F. Forfeits

1. Game time is forfeit time
2. A team must have a minimum of four (4) players and one (1) coach in order to start the game. If a team does not have the necessary personnel at the scheduled time, the game will be forfeited
3. Forfeited games will not be rescheduled

G. Scorekeepers

1. The home team must provide a scorekeeper to handle the scorebook.
2. The first team listed on the schedule is the home team
3. The scorekeeper is required to sit on either side of the timekeeper. Scorekeepers may not sit in the stands or on the team bench
4. The scorekeeper should not be emotionally involved in the game, i.e. coaching, disagreeing with officials, screaming and yelling etc
5. Any scorekeeper that does not comply will be removed from the score table
6. Scorekeeper will record individual scoring, personal fouls, team fouls and timeouts

H. Game Ball

1. All game balls will be provided by FSC
 2. Teams need to provide their own warm-up balls
- I. Blood Rule – A player, coach or official who is bleeding or who has blood on their uniform shall be prohibited from participating further in the game until appropriate treatment can be administered.

3.0 PLAYOFF RULES

- A. All teams will participate in the end of season Tournament Championship
- B. Teams will be seeded by their regular season record and league placement. The top seeds will receive byes, if available, or will play lower seeds. The division champions will be placed in separate brackets
- C. During post season play, all rules will be the same as league rules

4.0 CONDUCT Inappropriate behavior will not be tolerated. The FSC Director or any game official may remove a player, coach or fan from a game or tournament for inappropriate behavior. Each coach is responsible for the conduct of the team, coaches and fans BOTH on and off the court. Each coach must promote the best sportsmanship, win or lose.

- A. Fighting will not be tolerated. Players or coaches who fight, start or attempt to instigate a fight will be ejected from the present game and the following game. Any ejection will constitute a one (1) game suspension.
- B. On the 2nd offense, the player or coach is suspended from the season. There are no refunds to players expelled from the league
- C. Any spectator who demonstrates rude or abusive behavior will be required to leave the game site immediately. They may cause their team to be assessed one or more technical fouls
- D. Problems with coaches, players or spectators
 - 1. First – Warning
 - 2. Second – Technical Foul
 - 3. Third – Ejection

5.0 PROTESTS

- A. Protest will be allowed on ineligible players only.
- B. All protests must be filed in writing with a \$25 protest fee to the league director within 24 hours.
- C. Protest fee will be returned only if protest is upheld.

6.0 OFFICIALS

- A. There will be two (2) officials assigned to each game.
- B. Games will be played if only one official is present. The timekeeper will be instructed to call the League Director in an attempt to get a second official.
- C. In the event that no officials appear, that game will be automatically postponed by FSC and played at a later date.

7.0 Divisions: Child must be that age or younger by September 1st. For example, 6u – must be 6 years or under. If the child turns 7 on September 2nd, they will still be eligible for the 6u division.

A. 6u Playing Time and Time-Outs

14 minute halves

Running Clock

Stops last 3 min of each half

Four (4) 30 second timeouts

1. **Basket Height:** 8ft
2. **Ball Size:** Junior
3. Fouls shots are taken from the 12 foot line
4. Three-second lane violations will be called sparingly
5. Games will be played on a cross court

B. 8u Playing Time and Time-Outs**14 minute halves****Running Clock****Stops last 3 min of each half****Four (4) 30 second timeouts**

1. **Basket Height:** 8ft
2. **Ball Size:** Intermediate (28.5)
3. Fouls shots are taken from the 12 foot line
4. Three-second lane violations will be called sparingly
5. Games will be played on a cross court

C. 10u Playing Time and Time-Outs**17 minute halves****Running Clock****Stops last 3 min of each half****Four (4) 30 second timeouts**

1. **Basket Height:** 10ft
2. **Ball Size:** Intermediate (28.5)
3. Fouls shots are taken from the regulation free throw line
4. Three-second lane violations will be called sparingly
5. Games will be played on a middle school court

D. 12u, 14u, 17u Playing Time and Time-Outs**17 minute halves****Running Clock****Stops last 3 min of each half****Four (4) 30 second timeouts**

1. **Basket Height:** 10ft
2. **Ball Size**
 - a. Girls: Intermediate Ball (28.5)

u.Boys: Official Regulation Ball (29.5)

3. Fouls shots are taken from the regulation free throw line
4. Three-second lane violations will be called sparingly
5. Games will be played on a high school court

ADULT BASKETBALL RULES

The following rules have been designed to ensure fair play for all participants. Each player is expected to understand these rules prior to participation. Any questions concerning these rules should be directed to the Forney Sports Center (FSC) Director.

1.0 GOVERNING RULES

A. All games will be governed by the National Federation of High School (NFHS) rules with the exceptions covered herein.

1.1 MANAGERS/CAPTAINS

A. The manager shall be the official representative of the team unless one of the players is designated as the team captain prior to the start of the game.

B. Managers are responsible for the actions of their players and spectators, before, during and after the games. Teams can be suspended for failure to assist the officials with an unruly player or spectator.

C. Managers are responsible for informing their team of the rules.

D. Only one pre-designated person on each team is permitted to discuss with an official a point of play. That person is the team manager or the appointed team captain.

1.2 ROSTERS AND LIABILITY WAIVERS

A. All players must be listed on the Forney Sports Center official team roster prior to playing in the basketball league.

B. Roster changes may be made prior to your THIRD game. Twelve (12) players is the maximum allowed per team.

C. There will be no roster changes allowed for any reason after the final roster has been submitted.

D. Guest players are not authorized at any time or under any circumstances.

E. Managers who lose players during the season may petition the league Director to get permission to replace the player. In the event the player returns before the season's end, the manager must decide which player he wants to keep.

F. Each player must have a signed "General Release – Adult Basketball Release of Liability" form on file prior to participating in the league.

1.3 PLAYER ELIGIBILITY

A. Players in Men's and Women's leagues must be eighteen (18) years of age or older prior to the start of league play.

B. All players must carry a current picture ID with them at all times during all league games.

C. Players will not be allowed to play on more than one team in the same league during a season. If a player's name is found on two teams, the player shall belong to the team they play for first.

1.4 LENGTH OF GAMES

A. Playing Time – An official game shall consist of two (2) 17 min halves with a running clock.

B. Running Clock – Each half will use a running clock except for the last three (3) minutes of each half and overtime.

1. During the running clock, the time will only stop for timeouts, injuries and officials' discretion.

2. When a team leads by 20 points or more in the last three (3) minutes of each half, the clock will continue to run. If the lead is reduced below 20 points in the last three (3) minutes, the regulation clock will resume.

C. Timeouts – Each team will be allowed four (4) 30 second timeouts per game. Players are permitted to sit on the bench during a timeout. Managers can use the timeouts at their discretion.

D. Substitutions – All substitutions must check in at the scorer's table and wait for an official to allow them to enter the game.

E. Halftime – There will be three (3) minutes between the halves.

F. Overtime – Play will consist of three (3) minutes.

1. One (1) 30 second timeout per overtime.

2. Timeouts do not carry over from regulation into overtime.

3. Running clock will not be used during overtime periods.

4. All players that have not fouled out are eligible for overtime.

5. Fouls and bonus will carry over into overtime.

1.5 PLAYING RULES

A. Eight (8) game season with a single elimination tournament.

B. Free Throws

1. Teams will shoot 1&1 free throws on the 7th, 8th, and 9th team fouls.

2. Teams will shoot double bonus beginning with the 10th team foul and all *in the act of shooting* fouls.

3. Foul shots are on release of the ball.

4. Players will line-up above the block.

C. Fouls

1. Team fouls: Every foul counts as a team foul, including offensive and technical fouls.

2. Technical Fouls: Result in two (2) free throws and loss of possession. Two (2) technical fouls against a player or coach will result in ejection from the game. The player or coach must immediately leave the playing area. Technical fouls assessed for inappropriate behavior by the fans or bench will be assessed to the Head Coach.

3. A technical foul may be called for the following actions:

a. **FLAGRANT** – Where a player makes unnecessary aggressive physical contact with an opposing player, which, in the opinion of an official, may result in serious injury to

the opponent. This type of foul will result in immediate disqualification of the offending player for the remainder of the game and the next scheduled game.

b. VERBAL OR BEHAVIORAL – Where a player or coach verbally abuses or taunts an opposing player, coach, official, or spectator Behavioral foul examples include kicking chairs or other items along the bench or fighting. Depending on the severity of the verbal abuse or behavior, the game officials may disqualify the player/coach from the game after the first (1st) infraction.

c. INTENTIONAL – Where a player commits a physical foul that is not a legitimate attempt to directly play the ball or player. Examples are holding an opponent to stop play, pushing an opponent in the back to prevent a score when there is no chance, or committing an obvious hard foul on a player with no intention of playing the ball or player during a press to stop the clock.

D. Uniforms

1. Teams are responsible for providing their own uniforms.
2. All uniforms shall have numbers on the front (4”) and back (6”). Numbers may be up to 2 digits (0-99).
3. Numbers must be permanently affixed to the jersey, not taped or pinned to the jersey.
4. Numbers that are hand written in pencil, marker or an type of ink pen will not be allowed.
5. There will be a one game grace period for all teams to obtain their jerseys. After this grace period players not attired as described above will not be allowed to participate.
6. Reversible uniforms are recommended but not required.
7. FSC reserves the right to approve/disapprove any team name, logo, language or uniform deemed lewd, vulgar, obscene or suggestive in order to maintain a wholesome environment conducive to providing quality leisure opportunities.
8. Players must wear shoes that are designed for indoor wood court surfaces. No turf shoes or other black-soled shoes will be allowed.
9. Players may not play barefooted or in stocking feet.
10. Referees may ban any equipment that they deem as unsafe or illegal.
11. No jewelry may be worn at any time during the game.

E. Forfeits

1. Game time is forfeit time.
2. A team must have a minimum of four (4) players to start the game. If a team does not have the necessary personnel at the scheduled time, the game will be forfeited.
3. Forfeited games will not be rescheduled.
4. If a team forfeits three (3) league games due to lack of players at the start of a regularly scheduled game, the team will be dropped from the league with no refund of entry fee and all teams scheduled to play the offending team for the remainder of the season will receive a win by forfeit.

F. Scorekeepers

1. The home team must provide a scorekeeper to handle the scorebook.
2. The first team listed on the schedule is the home team.
3. The scorekeeper is required to sit on either side of the timekeeper. Scorekeepers may not sit in the stands or on the team bench.
4. The scorekeeper should not be emotionally involved in the game, i.e. coaching, disagreeing with officials, screaming and yelling etc.
5. Any scorekeeper that does not comply will be removed from the score table.

6. Scorekeeper will record individual scoring, personal fouls, team fouls and timeouts.

G. Game Ball

- 1. All game balls will be provided by FSC.**
- 2. Teams need to provide their own warm-up balls.**

H. Dunking – FSC does not allow dunking at any time.

- 1. No hanging on the rim at any time!**
- 2. Players guilty of dunking, before, during or at half time will be assessed a Flagrant Technical Foul.**
- 3. Players/teams will be financially responsible for any and all damages to rims/goals damaged by players dunking.**

I. Blood Rule

- 1. A player, coach or official who is bleeding or who has blood on their uniform shall be prohibited from participating further in the game until appropriate treatment can be administered.**

1.6 TIE BREAKERS

A. The tiebreakers for 2 teams with identical season records will be as follows:

- 1. 1st tiebreaker – who beat who.**
- 2. 2nd tiebreaker – point differential between the 2 teams in the games they played against each other.**
- 3. 3rd tiebreaker – total point differential between the 2 teams for the entire season.**
- 4. 3-way tie – the team with the best record in 3-way, head-to-head play.**

2.0 PLAYOFF RULES

- A. All teams will participate in the end of season Tournament Championship.**
- B. Teams will be seeded by their regular season record and league placement. The top seeds will receive byes, if available, or will play lower seeds. The division champions will be placed in separate brackets.**
- C. During post season play, all rules will be the same as league rules.**
- D. Players must appear in two (2) regular season games in order to be eligible for the playoffs.**

3.0 CONDUCT Inappropriate behavior will not be tolerated. The FSC Director or any game official may remove a player, coach or fan from a game or tournament for inappropriate behavior. Each coach is responsible for the conduct of the team, coaches and fans BOTH on and off the court. Each coach must promote the best sportsmanship, win or lose.

A. Fighting will not be tolerated. Players or coaches who fight, start or attempt to instigate a fight will be ejected from the present game and the following game. Any ejection will constitute a one (1) game suspension.

B. On the 2nd offense, the player or coach is suspended from the season. There are no refunds to players expelled from the league.

C. Any spectator who demonstrates rude or abusive behavior will be required to leave the game site immediately. They may cause their team to be assessed one or more technical fouls.

D. Suspensions will carry over from season to season. Example: A player suspended for the final game of the season will also be suspended for the first game of the next season.

E. FSC prohibits the use of alcohol in its facilities or in the parking lot. Smoking is prohibited in FSC facilities.

F. Problems with coaches, players or spectators.

1. **First – Warning**
2. **Second – Technical Foul**
3. **Third – Ejection**

4.0 PROTESTS

- A. **Protest will be allowed on ineligible players only.**
- B. **All protests must be filed in writing with a \$25 protest fee to the league director within 24 hours.**
- C. **Protest fee will be returned only if protest is upheld.**

5.0 OFFICIALS

- A. **There will be two (2) officials assigned to each game.**
- B. **Games will be played if only one official is present. The timekeeper will be instructed to call the League Director in an attempt to get a second official.**
- C. **In the event that no officials appear, that game will be automatically postponed by FSC and played at a later date.**



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