



PORT ORANGE PARKS & RECREATION YOUTH BASKETBALL RULES



Revised 8/19/19

The Port Orange Parks and Recreation Department Basketball Leagues will comply with the rules and regulations set forth for basketball by the Florida High School Athletic Association, with the following exceptions:

All Leagues

- 1. Playing time:** All players in uniform will play a minimum of two full uninterrupted quarters. After players have met the two uninterrupted quarters they may sub in and out, but only for those players who have also met the two full uninterrupted quarters. Which means subbing won't start till the 3rd quarter. Any player that arrives after the second quarter has started; the playing requirement is only 1 quarter. If a player is injured and can return to the game, that will count as a completed quarter. The player that replaces the injured player will not be credited for time played. Teams must start with 5 players, however the 13U girls league may start a game with 4 players due to low team numbers. Teams can finish a game with 4 players or less due to injury or a player(s) fouling out.
- 2. Forfeit time:** The first game of the night/day will have a 10-minute grace period. After the 10 minutes are up, if a team still does not have 5 players, they will forfeit the game. Start time is forfeit time for the second and third game of the night/day.
- 3. Time outs:** Each team will have four (4) time outs per game. (Time-outs do not carry over into overtime)
- 4. Overtime:** NO overtime in regular season play, only tournament. Overtime will consist of one- (3) minute period. Extra periods will be played, if needed until a winner is declared. Each team will receive 1 timeout per period (no carry over). All eligible players may play.
- 5. Ejections:** any player, coach or spectator that is ejected or asked to leave the facility for unsportsmanlike conduct will miss their next game. On a second ejection during the same season, they will be removed from the program for the rest of the season (depending on the severity of the infraction, they may be removed from the league on the first ejection).
- 6. Time clock:** All leagues will use a running clock. The clock will stop on all time outs. The last minute of each quarter and the last minute of overtime the clock will stop on all whistles.
- 7. Tie-breaker for tournament seeding:** Head to Head, Points against, Coin flip.
- 8. Jewelry:** No Jewelry allowed during games, this includes string bracelets, and rubber bracelets. All earrings must be taken out.
- 9. Shorts:** All teams must wear black shorts without pockets during the games.
- 10. Fouling out:** If a player fouls out, the opposing coach will choose the player to replace the fouled-out player for the remainder of the quarter. The player going in will not be charged with a quarter played. The idea of this rule is to stop teams from having players personally foul out, so they can put their best player back in the game. As a rec league, we should never make anyone foul out on purpose.
- 11. Coaching Box:** Coaches please stay inside the designated line(s) in front of your bench. Please do NOT cross over the line(s) to interfere with referees or scorekeepers.
- 12. POSITIVE ROLE MODELS:** Coaches always be aware of the example you are setting. Players and spectators look to you for guidance. Your behavior (Positive or Negative) will set the tone with your team members. We ask that you be Supportive of player efforts, be Calm/Professional when dealing with referees/scorekeepers and display Good Sportsmanship though out.
- 13. Team Standings:** Team will receive 2 points for a win, 1 point for tie.
- 14. HAVE FUN!**

8U co-ed:

- Basket height – 8 ½ feet / **length of quarter – 8 minutes**
- Size of ball – intermediate (28.5)
- Lane violation – 5 seconds
- No back-court pressure: 1 warning, then a bonus free throw
- The last minute of the game and the last minute of overtime, teams may full court press if they are **NOT** up by **10 points or more**.
- **10 PT. DROP BACK:** Once a team gets a 10-pt. or more lead, and if they keep it up, they can only play defense inside the 3-pt. line. Players **CANNOT** reach across the line to pressure a dribbler, steal a pass or come across to grab a loose ball. ** If the team behind cuts the lead to less than 10 pts., then the team ahead can once again play defense at half court. If the lead goes back up to 10 pts., the team ahead must drop back again inside the 3-pt. line for defense. ** 1 warning, then a bonus free throw.
- The foul shooter may land over the line when attempting a free throw without penalty and the foul line will be the 12 ft. – white line. The player shooting **CANNOT** be the first to touch the ball after the shot; if missed.
- At the beginning of each half, **every eligible player in uniform** will shoot a foul shot that will count on the scoreboard. If a player arrives after the game has started, they will only be allowed to shoot one free throw at the beginning of the second half.
- On a foul shot, players may **NOT** enter the lane until the ball hits the rim.
- **NO stealing the ball from a player dribbling. You may steal on a pass ball only.**

10U boys and 12U girls:

- Basket height – 9 feet / **length of quarter – 8 minutes**
- Size of ball – intermediate (28.5)
- Lane violation – 5 seconds
- No back-court pressure: 1 warning, then a bonus free throw
- The last minute of the game and the last minute of overtime, teams may full court press if they are **NOT** up by **10 points or more**.
- **10 PT. DROP BACK:** Once a team gets a 10-pt. or more lead, and if they keep it up, they can only play defense inside the 3-pt. line. Players **CANNOT** reach across the line to pressure a dribbler, steal a pass or come across to grab a loose ball. ** If the team behind cuts the lead to less than 10 pts., then the team ahead can once again play defense at half court. If the lead goes back up to 10 pts., the team ahead must drop back again inside the 3-pt. line for defense. ** 1 warning, then a bonus free throw.
- The foul shooter may land over the line when attempting a free throw without penalty and the foul line will be the 12 ft. – white line. The player shooting **CANNOT** be the first to touch the ball after the shot; if missed.
- On a foul shot, players may **NOT** enter the lane until the ball hits the rim.

13U girls: NO LEAGUE THIS YEAR

- Basket height – 10 feet / **length of quarter – 9 minutes**
- No back-court pressure if a team is ahead by 20 points or more. 1 warning then a bonus free throw.
- Size of ball – intermediate (28.5)
- Lane violation – 3 seconds
- The foul shooter may land over the line when attempting a free throw without penalty. Players may enter the lane on the shooters release.

13U boys and 16U boys:

- Basket height – 10 feet / **length of quarter – 9 minutes**
- No back-court pressure if a team is ahead by 20 points or more. 1 warning, then a bonus free throw.
- Size of ball – regulation
- Lane violation – 3 seconds
- On a foul shot, players may enter the lane on the shooters release.