



NATIONAL YOUTH SPORTS RULES BASKETBALL: 10 & 11-YEAR-OLDS

Applies to both practices and games.

ATTIRE

1. The provided NYS jersey or approved uniform must be worn at all times. No exceptions!

COURT

2. The playing area is full court or crosscourt.
3. The height of the basket will be approximately 10 feet.
4. The free throw line will be 15 feet from the basket.

TEAM

5. Players must be listed on the official season roster to be eligible to play.
6. The home team is listed on the schedule first and is to provide a volunteer scorekeeper.
7. The game will be played 5-on-5.
8. Each team will have a maximum of 10 players on their roster.
9. Any more than 10 players on a roster must be approved by the league coordinator and Head Coach.
10. Each player must play at least half of every game.
11. All players must play in both halves.
12. No player will be allowed to play in all four quarters unless the team has less than seven players for the game.
13. Open substitution is allowed on any stop in play.
14. Players must be sitting at score table and noticed by the referee before entering the game.
15. Two coaches are allowed on sideline during the game. Only one coach may stand at a time.
16. Coaches are not allowed on the court during play.
17. Each team's bench must be seated and cheering positively for their team.
18. Coaches are given the authority to sit a player that is acting unsportsmanlike or that has missed several practices without a legitimate excuse. The referee must be notified before the game starts.

GAMEPLAY

19. The size of the basketball is regular, full-size ball. Regulation or competition ball.
20. The game will consist of four 8 minute quarters with a running clock, except for timeouts and the last 2-minutes of the second half when the clock stops for every whistle.
21. There will be two 30-second timeouts per team per half.
22. Half-time will last 3-minutes.
23. Possession will alternate each quarter, jump ball or double foul.
24. A jump ball will start each game.
25. Regulation scoring with three pointers on courts so marked.
26. After each basket, the opposing team will then inbound the ball from their end line.
27. Player may NOT land over the free throw line after shooting a free throw. All other players lined up may not move until the ball hits the rim.
28. Offense must bring the ball across half court within the 10-second time limit.
29. Defense must be man-to-man, no zone.
30. Double-teaming is allowed in the lane area only.
31. Backcourt defense is not allowed.
32. Clear-outs are not allowed.
33. If a team is called for illegal defense or offense, they will receive two warnings. On the 3rd violation, a technical is assessed and the opposing team will get two free throws and possession.
34. No forfeits!



NATIONAL YOUTH SPORTS

RULES

BASKETBALL: 10 & 11-YEAR-OLDS

Applies to both practices and games.

GAMEPLAY: FOUL & VIOLATIONS

35. Three second lane violations will be called.
36. Players will foul out on their fifth foul.
37. When a team reaches 7 team fouls, the opposing team will shoot one-and-one, on all non shooting fouls. The team will be awarded two free throws when the team reaches 10 team fouls. Team fouls reset at half time.
38. If a player is fouled in the act of shooting and misses the basket, the player will be awarded 2 free throws. However, if the basket was made, basket counts, and the player is awarded 1 free throw.
39. Trash talking will results in a technical foul.
40. Unsportsmanlike conduct from players, both playing and on the bench will result in a technical foul and player ejection. The opposing team will be awarded two free throws and possession of the ball.