



# NATIONAL YOUTH SPORTS-SAN ANTONIO

## RULES- BASKETBALL 10-11 YEAR OLDS

Applies to both practices and games.

NYS modifies rules each season as needed.

<b>Objective</b>	The focus is on helping players develop their skills. Our goal is to improve the skill level of players and prepare them for the next level. We ask all coaches, parents, and officials to be positive and encourage players at all times.
<b>Safety</b>	All parents must sign the Covid-19 waiver. Parents should monitor the health of their child and if experiencing symptoms, do not participate in any sporting practice or games. Let NYS know of the presence of symptoms. Get tested for Covid-19 promptly and report results to the program. Social distancing (6ft apart) must be practiced as much as possible. Spectators should sit 6ft.apart while watching the game. Masks are required for all spectators, coaches, players, volunteers, and staff. Players, coaches, and staff in active play do not have to wear the masks. Masks must be worn when social distancing cannot be practiced. Equipment will be sanitized as needed. Limit sharing equipment as much as possible. Use hand sanitizer as much as necessary. No team drinks or snacks should be handed out to limit items coming from different households. Each child is responsible for his/her own drink. For a full list of safety protocols please refer to the <a href="#">Play Safe. Stay Safe-Hygiene Plan</a> .
<b>Sportsmanship</b>	Any unsportsmanship or bad behavior-foul language, disrespect of officials, players, or other coaches- may lead to ejection and/or suspension from the league. Any coach, parent or player ejected will be suspended from participating at their next scheduled game. Keep in mind that video cameras are always on at games.
<b>Uniforms</b>	Players wear NYS provided jersey or approved jersey and must be tucked in to participate. Proper gym shoes must be worn. No jewelry for player safety (earrings must be covered with tape). Soft headbands and wristbands allowed.
<b>Player Information</b>	10 players on team roster (any more must be approved by NYS) Each player must be listed on NYS roster sheet to play (roster checks at any time). Players must be listed (name and jersey #) on the official scoresheet before the game starts. Game is played 5 on 5, can share players or play with less if not enough players present. Each child must play an equal amount in every game, strict adherence will be recorded on scoresheets.
<b>Game Specs</b>	The size of the playing area is full court, depending on facilities, game may be cross court. The basket rim height is approximately 10 feet. Basketball size is 28.5 inches or compact size. Free throw line is 10 ft. from the basket.
<b>Game Time</b>	Quarters- 4, eight minute quarters with running clock (except timeouts and last 2 minutes of 4th qtr.) Time between quarters - 1 minute Timeouts- 2, thirty second timeouts per team per half



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	<p>Half-time- 3 minutes Teams should start returning to the court when the official blows the whistle and announces ready for play, a second whistle may result in the clock starting.</p>
<b>Game Play</b>	<p>Home team is listed first on schedule and sits to the left of the score table facing the court. Jump ball starts each game. Ball possession alternates each quarter or jump ball. Player substitutions, with referee's acknowledgment, may occur between quarters, timeouts, or injury. Offense has 10 seconds to bring ball across half court. Three second lane violations called. Rough play may result in a technical foul (two free throws and possession of ball) Shooting fouls results in free throws- missed = 2 free throws; made = 1 free throw Players foul out on 5th foul. On 7th team foul in one half of play, then one and one free throws awarded. Winning team up by 20 after half time, no pressing or double teaming. Tied games- one 2-min. overtime game to determine winner. No winner, game ends in a tie.</p>
<b>Defense</b>	<p>Defense is man to man or zone; double teaming allowed. Back-court defense allowed. Pressing allowed, unless winning team is up by 20 points or more. Stealing is allowed but fouls will be counted resulting in free throws.</p>
<b>Scorekeepers</b>	<p>Required to wear masks. Volunteers keeping score at the table must be adults (18 and over). Scorekeepers are not allowed to coach players from the score table. The home team is responsible for running the game clock. The visiting team is responsible for completing the scoresheet. Scorekeepers are responsible for having coaches sign off on scoresheet after the game. Game time will be kept by officials or scoreboard clock will be used to manage the game time.</p>
<b>Coaching</b>	<p>Head coach and 2 assistants allowed at the player bench. Two assistant coaches must be seated at all times. Head coach must enter players names and jersey number on scoresheet and sign off on the score after the game. Coaches have authority to sit a player if acting unsportsmanlike or continuously misses practices without an excuse. Must notify the referee and noted on the scorecard.</p>
<b>Officiating</b>	<p>One or two officials on the court- they may instruct players on the court. Officials will allow players to play and will call the game based on skill level. Rough play or unsportsmanship by players- taunting or trash talking- may result in technical fouls and two free throw attempts and possession of the ball. Officials may provide advice to players or coaches. Officials may encourage, congratulate, or compliment players and coaches. Officials to remain on the court at the end of the game for player/coach hand shake.</p>



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<b>Tournament</b>	Tournament play available for this group depending on the season. Brackets determined by seeding (wins/losses and head-to-head competition). Points scored on or against will not be considered in seeding.
<b>Parents</b>	While we encourage parents to get involved, during games we ask all parents to allow the coaches to coach and officials to officiate. Please limit your coaching from the sidelines.