



BASKETBALL RULES (10 AND UNDER LEAGUE)

1. **PLAYING TIME** – All players must play one full quarter per half.
2. **PRESSING** – Pressing allowed only in last 2 minutes of each quarter.
3. **FOULS** - Five (5) personal fouls per player. Technical fouls count as personal fouls. Two direct technical constitute player disqualification. (ALL LEAGUES).
4. **BONUS FREE THROWS – (FOUL SHOTS)** –
 - a. One and One on the 7th, 8th and 9th Team fouls per half.
 - b. Two shots beginning on the 10th team foul per half.
5. **CLOCK MANAGEMENT** – Clock stops on all whistles.
 - a. 4 – 6 minute quarters
 - b. OVERTIME – 3 minute overtime period, time outs carry over.
 - c. Pressing allowed only during the last 2 minutes of each quarter, losing team only.

TIME OUTS – Each team will have 5 total timeouts per game. (45 second timeouts)

UNIFORMS – Jerseys must be tucked in and shorts must be at the players' waist. Jewelry , rubberbands, earrings are NOT PERMITTED while playing.

PLAYING RULES.

Play is governed by U.S. Basketball Rules published by the National Federation of High School Associations and the additional rules adopted by the league, including the sportsmanship, and timing rules.

Bench Decorum- Only two coaches permitted at bench area, all other personnel shall sit in stands. Only ONE coach may stand during game situations. Direct technical foul to coaches results in coach losing coaching box privileges (no coaches permitted to stand during duration of game.

-If coach is ejected from game, he/she must leave the facility and sit out the next game.

-Do not discuss or complain about officials' jurisdiction before, during or after the game.

Complaints regarding officials shall be made, AFTER THE GAME, to the league commissioner or to the supervisor of officials.

This league is considered a training/learning league in that referees and staff shall be lax in the early season with regards to calling the games on a strict or "by the book" manner. Our sincere concern is for

ALL kids to have an enjoyable experience and to provide a safe and healthy environment to learn about the sport of basketball in a fun manner.

We stress competition within the spirits of good sportsmanship. Anyone who deviates from this in an unsportsmanlike manner will be asked to leave the premises. Let's Respect the Rules of the League and enjoy a safe and positive experience for our children.