

Nash County Recreation & Senior Services  
9-12 & 13-15 Youth Summer League Basketball Rules

Updated 6/2/22

1. Goal Height & Free Throw Distance, and Ball Size
  - a. 9-12- 10ft. goal, 15ft. Free-throw line, and 28.5 Basketball
  - b. 13-15- 10ft. goal, 15ft. Free-throw line, and 29.5 Basketball
2. Game Play Rules
  - a. Game Length:
    - i. 2-20 minute halves
    - ii. 2 minute overtime
  - b. Clock:
    - i. A running clock shall be used with **the clock stopping for timeouts or injury ONLY**. The clock will stop the last two minutes of the second half on the whistle and for free throws.
    - ii. If a team obtains a lead of more than 20 points at any point of the game, the clock will **not** stop and will run continuously until the score is less than 20 points.
    - iii. Halftime will last **3 minutes**.
3. Rosters:
  - i. All teams will have a minimum of 6 players per team and a maximum of 9 players
  - ii. A **minimum of 4 players** must be present for a game to begin. The opposing team will play an equal number of players.
4. Defense: Ages 9-12
  - i. If a team is up by 20 points or more, zone defense must be played behind the **half court line**. **Penalty:** First violation shall result in a warning. **A technical foul shall be called on each subsequent violation**. The technical foul shall be awarded to the bench-not the player committing the violation.
  - ii. Once the team's lead is 10 points or less, full court defense can be played.
5. Fouls, and the Bonus
  - a. One and One will be shot on the teams 7<sup>th</sup> team foul and 2 shots on the 10<sup>th</sup> team foul. Personal fouls and team fouls will be tracked; a player may foul out of any game after their 5<sup>th</sup> personal foul
  - b. If a player or coach receives a technical foul, they will remain on the bench for the remainder of the half. If they receive a second technical it will result in ejection from the game.**
  - c. Technical fouls received during consecutive games will result in 1 game suspension.**
6. Violations:
  - a. All violations will be called.

7. Violations in the Lane:
  - a. 3 seconds in the lane
  - b. 10 seconds back court
  
8. Backcourt Pressure (Press) **Age 9-12**
  - a. Backcourt pressure is allowed during the entire game, if a team has a lead of 20 or more at any point during the game, that team will not be allowed to use backcourt pressure until the lead is within 10 points. The leading team will remain at half court defensively.
  - b. Age 13-15 Backcourt pressure is allowed during the entire game.
  
9. The Coaches:
  - a. Teams are allowed one head coach and one assistant coach on the bench with their team.
  - b. Assistant Coaches **may not** stand during the game; they must remain on the bench. If a Head Coach is asked by the official to sit down at any point in the game, he must do so and remain on the bench for the rest of the game.
  - c. If a technical foul is received by the Head or Assistant coach, both coaches must remain on the bench for the rest of the game. Consequences for receiving second technical foul will result in removal from the game.
  - d. Coaches must remain in their designated coaches' box.
  
10. Time Outs:
  - a. Each team will be given 2 full time outs per half!
  - b. During Overtime, teams will be given one time out; time outs from the previous half will carry over.
  
11. Uniforms and Equipments:
  - a. All Basketballs will be provided at practice and games; coaches will not be given any basketballs to take home with them. Each team will be given **two** basketballs at each practice.
  - b. Players will be provided with a Nash County Basketball Jersey; each player may keep their jersey.
  - c. Jewelry of any type may not be worn during game. **This includes hair accessories and hair beads. Medic alert items may be worn, but must be secured.**
  - d. **Uniforms and player accessories must meet NCHSAA guidelines.**
  - e. The Color of shorts or pants worn by the players does not matter, they may wear any type of gym shorts or gym type pants. **(NO JEANS ALLOWED!!!!)**
  - f. All participants must wear gym shoes with rubber soles.
  
12. Other Rules
  - a. Only those persons listed on the team's roster shall be allowed in the team's designated bench area.
  - b. Unsportsmanlike conduct, profane language or tobacco products in the facility shall not be tolerated. PENALTY: Ejection from game. Youth offender must remain on the bench under adult supervision.
  - c. All other rules are covered in the National Federation (high school) rules book.
  - d. **Players must play a minimum of 10 minutes per game, however players not showing up for practices are NOT guaranteed playing time during the game. It is the coaches and his assistant responsibility to keep track of playing time.**
  - e. Free substitution will be allowed during the game.