

Youth Basketball League Rules

11-12 years old

Equipment and Court Specifications

Topic	Specification
Size of Ball	Boys size 6 (28.5") and Girls size 5 (27.5")
Height of Basket	10 Feet
Distance of 3- Point Arc	N/A
Distance of Free Throw Line	14 Feet

Game Structure

Topic	Specification
Game Length	Four 8-minute Periods. Running clock. Clock will stop inside of 2 minutes during the 2nd and 4th quarters.
Time in between periods	1 minute
Extra period(s)	2 minutes
Scoring	Free throw: 1 point, all field goals: 2 points, no 3 point field goals
Timeouts	<ul style="list-style-type: none">• Two 60-second timeouts permitted per half• One 60-second timeout granted for each extra period• Unused timeouts do not carry over to the next half or extra periods
Start of game possession	Home team starts with the ball.
Scoreboard/scorebook operations	One parent volunteer from each team

Game Tactics

Topic	Specification
Playing time	Equal playing time in periods 1-3. Coaches discretion in following periods
Set defense	Only player-to-player defense throughout the competition
Pressing defense	Pressing is not allowed throughout the competition.
Double-Team/Crowding	Double-team/crowding is not allowed throughout the competition
Stealing from the dribbler	Stealing from the dribbler is not allowed through the competition

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Highlighted Gameplay Rules

Topic	Specification
Backcourt Timeline	10 seconds
Shot Clock	N/A
5 Seconds closely guarded	N/A
Clock Stoppage	Clock will stop inside of 2 minutes during the 2nd and 4th quarters.
Length of time for a free-throw	10 seconds
Number of players permitted on free-throw lane	<ul style="list-style-type: none">• Offense may have 3 players on the lane, including the shooter• Defense may have 4 players on the lane
Substitutions	Either team may substitute during a dead ball
Advancement of ball after a Timeout	N/A
Mercy Rules	<p>If one team is ahead by 10 points, that team must drop back inside their own 3-point line to play defense.</p> <p>If one team is ahead by 20 points, that team may not fast break, and must wait at half court until all defenders are across half court.</p> <p>If one team is ahead by 20 points, additional points scored by that team won't be displayed on the scoreboard.</p>