

# Youth Basketball League Rules

## 9-10 years old



### Equipment and Court Specifications

Topic	Specification
Size of Ball	Boys and Girls size 6 (28.5")
Height of Basket	9 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"><li>• Two 60-second timeouts permitted per half</li><li>• One 60-second timeout granted for each extra period</li><li>• Unused timeouts <b>do not</b> carry over to the next half or extra periods</li></ul>
Start of game possession	Home team starts with the ball
Scoreboard/scorebook operations	One parent volunteer from each team

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### Game Tactics

Topic	Specification
Playing time	Equal playing time
Set defense	Player-to-player defense or zone defense is allowed
Pressing defense	Pressing is <b>not allowed</b> throughout the competition.
Double-Team/Crowding	Double-team/crowding is <b>not allowed</b> throughout the competition
Stealing from the dribbler	Stealing from the dribbler is <b>not allowed</b> through the competition
Coaches on Court	Coaches may be on court to assist players

### Highlighted Gameplay Rules

Topic	Specification
Backcourt Timeline	N/A
Shot Clock	N/A
5 Seconds closely guarded	N/A
Clock Stoppage	On any dead ball, inside of 2 min. In the 2nd and 4th quarter
Length of time for a free-throw	10 seconds
Number of players permitted on free-throw lane	<ul style="list-style-type: none"><li>Offense may have 3 players on the lane, including the shooter</li><li>Defense may have 4 players on the lane</li></ul>
Substitutions	Either team may substitute during a dead ball
Advancement of ball after a Timeout	N/A
Traveling and Double Dribble	Traveling and double dribble may be called after 3rd offense by a player per time they have control of the ball
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>

