



***CSP Youth Basketball Program
Rules and Regulations***

Rules and Standards for Ages 5-6/7-8 (*5/6 will follow the same guidelines as 7/8 with minor adjustments below)

<https://ak-static.cms.nba.com/wp-content/uploads/sites/79/2018/03/7-8 Rules and Standards.pdf>

Rules and Standards for Ages 9-10

<https://ak-static.cms.nba.com/wp-content/uploads/sites/79/2018/03/9-11 Rules and Standards.pdf>

Rules and Standards for Ages 12-14

<https://ak-static.cms.nba.com/wp-content/uploads/sites/79/2018/03/12-14 Rules and Standards.pdf>

The Chappapeela Sports Park staff will adjust goal height, ball size, and 3-point attempts to the following for all age groups:

Ages 5-6

8ft/0in goal
27.5 ball size
No 3-point field goals
Player-to-player defense
50' x 40' court

Ages 9-11

10ft/0in goal
28.5 ball size
3-point field goals will be counted
Pressing in the last two minutes will be allowed
Zone defense/double-team will be allowed
84' x 50' court

Ages 7-8

8 ft/6 in goal
28.5 ball size
3-point field goals will be counted
Pressing in the last two minutes allowed
Zone defense/double-team allowed
84' x 50' court

Ages 12-14

10ft/0in goal
29.5 ball size
3-point field goals will be counted
Pressing in the fourth quarter will be allowed
Zone defense/double-team will be allowed
84' x 50' court

The Chappapeela Sports Park staff will adjust the following rules from the USA standards for each age group:

Ages 5-6:

- Each team will receive 1 60-second timeout per half
- Games will be 6-minute quarters
- Stealing from the ball handler will be discouraged throughout the competition
- Score will not be taken for this age group as there are no playoffs
- Player-to-player defense after half court. No full court press or zone defense.

Ages 7-8:

- Games will be 8-minute quarters
- The start of each game will be a decided by a jump ball
- Each team will receive one 60-second timeout in the first half and two 30-second timeouts in the second half
- The start of each game will be a jump ball, not a coin toss
- Stealing from a dribbler will be allowed throughout the game
- Double-teaming/Crowding will be allowed, but not advised, throughout the competition
- Clock stoppage will only occur within the last two minutes of the game if the game is within 10 points
- Press defense may only be played in the last two minutes of the game

Ages 9-11:

- Games will be 8-minute quarters
- The start of each game will be a decided by a jump ball
- Each team will receive one 60-second timeout in the first half and two 30-second timeouts in the second half
- Stealing from a dribbler will be allowed throughout the game
- Double-teaming/Crowding will be allowed throughout the competition
- Clock stoppage will only occur within the last two minutes of the game if the game is within 8 points
- Press defense may only be played in the last two minutes of the game

Ages 12-14:

- Games will be 8-minute quarters
- The start of each game will be a decided by a jump ball
- Each team will receive one 60-second timeout in the first half and two 30-second timeouts in the second half
- Stealing from a dribbler will be allowed throughout the game
- Double team/crowding will be allowed throughout the competition
- Each team will receive one 60-second timeout per half
- Clock stoppage will only occur within the last two minutes of the game if the game is within 10 points
- Press defense may only be played in the fourth quarter of the competition

The Chappapeela Sports Park staff has created the following special circumstance rules for each age group:

- In our 7/8, 9/11, and 12/14 divisions, once a team becomes up by 15 points in a ballgame, the defense must stay inside the 3-point arc
 - Once a team becomes up by 25 or more points in a ballgame, the defense must stay inside the paint
- For our 5/6 and 7/8 age groups, at halftime, free throws will be shot by all individuals on each team as a chance to let every player have the opportunity to score
 - For our 7/8 age group, these points will count towards the score of the game
 - If one team has more players than the opposing team, the coach of the larger team will pick one player from the opposing team to shoot multiple free throws until the amount of free throws attempted are even
- For all age groups, each player should receive playing time equivalent to 50% of the game duration
 - 5/6: 2 quarters, or 12 minutes worth of play due to quarter length being 6 minutes
 - 7/8: 2 quarters, or 16 minutes worth of play due to quarter length being 8 minutes
 - 9/11: 2 quarters, or 16 minutes worth of play due to quarter length being 8 minutes
 - 12/14: 2 quarters, or 16 minutes worth of play due to quarter length being 8 minutes
- Any player is allowed to play the full duration of the game so long as every other player on that team has met the 50% quota for playing time