



BASKETBALL RULES

UPDATED DECEMBER 18, 2025

RULES & MODIFICATIONS

NOTE

**H.A.R.D. 1 USES JR. LEAGUES
RULES WITH THE MODIFICATIONS
IN THIS DOCUMENT**

Category	5-6	7-8	9-10	11-12	13-14
Goal Height	8'0"	8'6"	10'0"	10'0"	10'0"
Ball Size	27.5	28.5	28.5	28.5	29.5
3-Point	Not Counted	Counted	Counted	Counted	Counted
Defense	Man-to-Man	Man-to-Man & Zone	Man-to-Man & Zone	Man-to-Man & Zone	Man-to-Man & Zone
Pressing	Not Allowed	Last 2 Min Only	Last 2 Min Only	4 th quarter only	4 th quarter only
Court Size	50' x 40'	84' x 50'	84' x 50'	84' x 50'	84' x 50'

LEAGUE-SPECIFIC RULE ADJUSTMENTS

AGES 5-6 DIVISION

Game Format

- Four **6-minute quarters**
- **1 timeout per half** (60 seconds each)
- **No official scorekeeping:** there are no playoffs
- **No steals** from the ball handler
- **Game with be started with a coin flip and the winning team takes it out at mid court**
- Emphasis is on **fun and development**

AGES 7-8 DIVISION

Game Format

- Four **8-minute quarters**
- **1 timeout in first half (60 sec), 2 timeouts in second half (30 sec each)**
- Game starts with a **tip-off**
- **Stealing** from dribbler is allowed
- **Double-teaming/crowding is allowed, but not advised**
- **Clock only stops** in last 2 minutes if the game is within **10 points**





AGES 9-10 DIVISION

Game Format

- Four **8-minute quarters**
- **1 timeout in first half (60 sec), 2 timeouts in second half (30 sec each)**
- Game starts with a **tip-off**
- **Stealing and double-teaming** allowed throughout the game
- **Clock only stops** in last 2 minutes if the game is within **10 points**
- **All standard violations enforced** (traveling, double dribble, etc.)

AGES 11-12 DIVISION

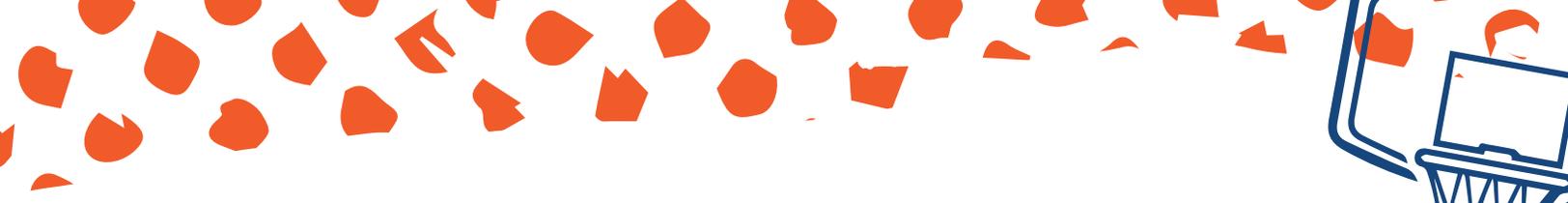
Game Format

- Four **8-minute quarters**
- **1 timeout in first half (60 sec), 2 timeouts in second half (30 sec each)**
- Game starts with a **tip-off**
- **Stealing, double-teaming, and crowding** allowed
- **Clock only stops** in last 2 minutes if the game is within **10 points**
- **All standard violations enforced** (traveling, double dribble, etc.)

AGES 13-14 DIVISION

Game Format

- Four **8-minute quarters**
 - **1 timeout in first half (60 sec), 2 timeouts in second half (30 sec each)**
 - Game starts with a **tip-off**
 - **All standard violations enforced** (traveling, double dribble, etc.)
 - **Stealing, double-teaming, and crowding** allowed
 - **Clock only stops** in last 2 minutes if the game is within **10 points**
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SPECIAL RULES & SPORTSMANSHIP GUIDELINES

Mercy Rule / Blowout Adjustments (for ages 7-14)

To maintain sportsmanship and player development:

- **15+ point lead:** Defense must stay **inside the 3-point arc**.
- **25+ point lead:** Defense must stay **inside the paint**.

HALFTIME FREE THROWS

- **Ages 5-6 & 7-8 only:** All players will shoot a free throw at halftime to encourage scoring participation.
 - For **7-8 age group**, these free throws **count toward the final score**.
 - If team sizes are uneven, the team with more player selects one player to shoot multiple times until both teams have attempted the same number of free throws.

PLAYING TIME REQUIREMENT

Every player must receive playing time equivalent to **at least 50% of the game:**

- **Ages 5-6:** At least 2 quarters (12 minutes)
- **Ages 7-14:** At least 2 quarters (16 minutes)

Players may play the full game if all teammates meet their 50% minimum.

FOUL COUNT GUIDELINES (7-14)

To ensure fair play and maintain game flow, Chappapeela Sports Park will use the following foul standards:

Team Fouls

- **Non-shooting fouls** committed before the bonus will result in the ball being inbounded.
- **Bonus** begins at **7 team fouls per half**.
 - Opposing team is awarded **1-and-1 free throws**.
- **Double Bonus** begins at **10 team fouls per half**.
 - Opposing team receives **two free throws**.

Individual Fouls

- Players are allowed a maximum of **5 personal fouls** per game.
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- On the 5th foul, the player is **disqualified** for the remainder of the game.
- Technical fouls count as:
 - **1 personal foul**
 - **1 team foul**

Technical Foul Protocol

- One technical foul = **two free throws + possession**.
- Two technical fouls on a player or coach = **ejection**.

OVERTIME RULES (PLAYOFFS ONLY)

Standard Overtime Format (Ages 7–14)

- Overtime period is **2 minutes** running clock.
- Clock stops in the last **30 seconds** on:
 - Out-of-bounds
 - Fouls
 - Timeouts
- Each team receives **one 60-second timeout** in overtime (no carryover from regulation).
- Team fouls **carry over** from the second half.

SAFETY & EQUIPMENT GUIDELINES

At Chappapeela Sports Park, the safety and well-being of every participant is our top priority. We aim to create a positive and secure environment for all players, coaches, officials, and spectators.

Required Player Equipment

- **Athletic footwear:** All players must wear basketball or court-style shoes. No cleats, sandals, or open-toe footwear allowed.
- **Jersey/Uniform:** Each player must wear their team-issued jersey during games. Uniforms should be tucked in when on the court.
- **Shorts/Pants:** Shorts must not have pockets or zippers to avoid injury during play.
- **Jewelry:** No jewelry (including earrings, necklaces, bracelets, or watches) may be worn during games or practices.

Court Safety Rules

- Only **players, coaches, and officials** are allowed on the court during games and practices.
- No **food, drinks (except water), or gum** are allowed on the court.
- Spectators must always remain behind designated areas and off the playing surface.

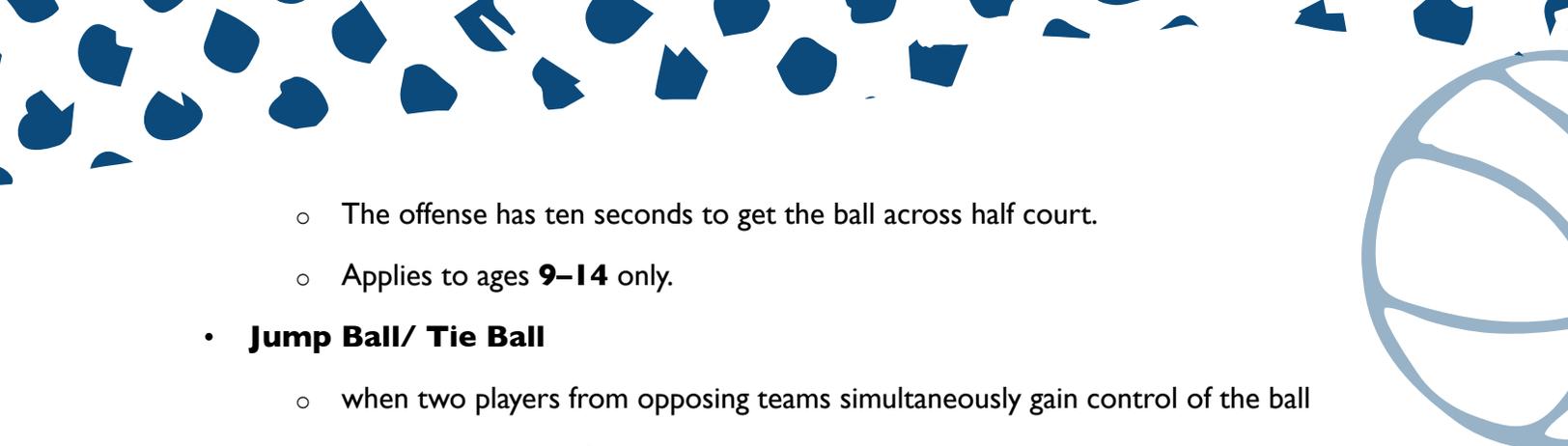
Health & Emergency Procedures

- A **first aid kit** will be available at each game location.
- In case of injury, play will be stopped immediately. Injured players must be cleared by staff or a parent before returning.

COMMON VIOLATIONS & DESCRIPTIONS

- **Traveling**
 - When a player takes more than two steps without dribbling the ball.
 - Players must establish and maintain a pivot foot when not dribbling.
 - More leniency is allowed in younger age groups (5–8) for development.
- **Double Dribble**
 - Occurs when a player dribbles, stops, then starts dribbling again.
 - Also called when a player dribbles with both hands simultaneously.
- **Carrying (Palming)**
 - When a player's hand goes under the ball during a dribble.
- **Backcourt Violation**
 - Once a team crosses half court on offense, they cannot pass or dribble the ball back into the backcourt.
 - Applies to ages **9–14** only.
- **3-Second Violation**
 - An offensive player may not stay in the paint (lane) for more than three seconds while their team has possession.
 - Younger divisions (5-8) may receive reminders instead of penalties.
- **5-Second Violation**
 - A closely guarded player must pass, dribble, or shoot within five seconds.
 - Also applies to inbound passes—must be thrown within five seconds.
- **10-Second Violation**



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- The offense has ten seconds to get the ball across half court.
 - Applies to ages **9–14** only.
 - **Jump Ball/ Tie Ball**
 - when two players from opposing teams simultaneously gain control of the ball
 - Tie-ball situations afterward alternate based on the possession arrow.
 - **Illegal Screen**
 - Called when a player setting a screen moves or leans into a defender.
 - Screens must be stationary.
 - **Personal Foul**
 - Any illegal physical contact (pushing, holding, hitting, or tripping).
 - Repeated fouls can lead to free throws or disqualification.
 - **Shooting Foul**
 - Occurs when a defender makes illegal contact with a shooter.
 - Results in free throws depending on shot outcome.
 - **Technical Foul**
 - Given for unsportsmanlike conduct by players, coaches, or spectators.
 - Results in free throws and loss of possession.
 - **Offensive Foul/ Charge**
 - When an offensive player charges into a stationary defender.
 - Results in a turnover, not free throws.
 - **Blocking Foul**
 - When a defender doesn't establish legal guarding position before contact.
 - Opposite of a charge.
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