



BASKETBALL RULES

UPDATED DECEMBER 18, 2025

CITY OF HAMMOND RECREATION DEPARTMENT YOUTH BASKETBALL RULES

"IN YOUTH SPORTS, THE 1 PRIORITY OF A BASKETBALL COACH SHOULD NOT BE TRYING TO WIN EVERY GAME BUT TO PROVIDE AN OPPORTUNITY FOR KIDS TO HAVE FUN, GAIN CONFIDENCE, AND WORK ON THEIR SKILLS IN FRIENDLY COMPETITION."

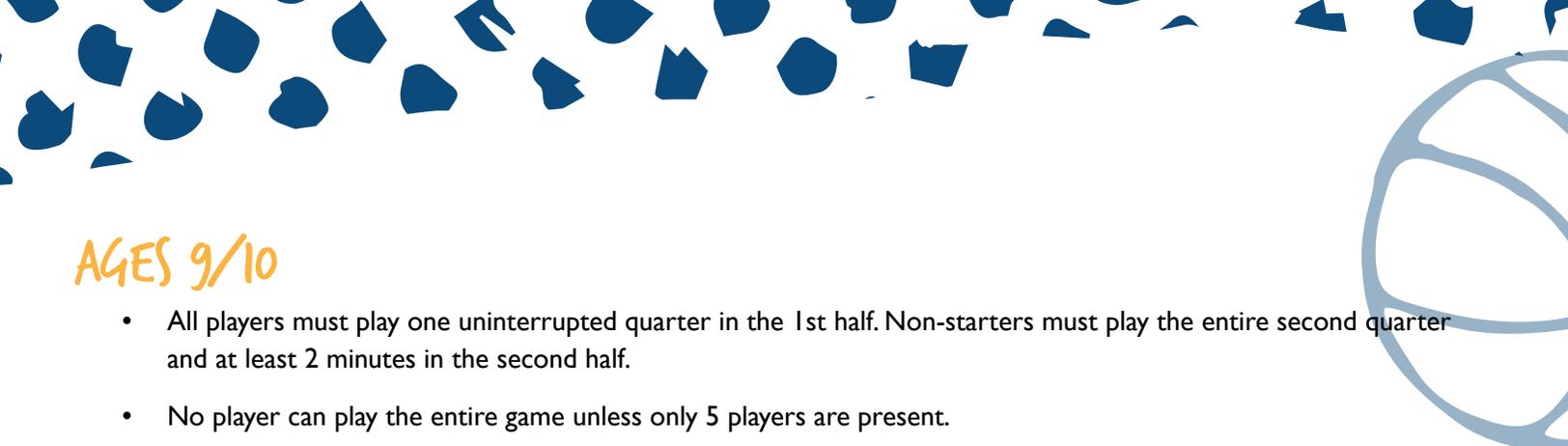
AGES 5/6

- All players must play one uninterrupted quarter in the 1st half. Non-starters must play the entire second quarter and at least 2 minutes in the second half.
- No player can play the entire game unless only 5 players are present.
- Each team will have 4 time outs for the entire game. (2) Full and (2) 30 sec. time outs.
- There is no full court pressing in this age group at any time.
- No fast breaks.
- All defense players must get back and be ready to play defense when offensive team get rebound.
- Games consist of four 6 minute quarters. (Running Time) clock will stop on free throws and time outs only.
- Each player will shoot a free throw at halftime. If the number of players is uneven, then the opposing coach will pick a player or players to shoot multiple shots.
- Only one coach is allowed on either side of half court for offense or defense.
- 2-3 zone defense is the only defense that will be played in this age group.
- Players will foul out after 5 personal fouls.
- If a coach receives a technical foul during the game, that coach must stay seated for the remainder of the game.
- Coaches and players are subject to disciplinary action by the recreation department if they are ejected from the game, each case will be decided on an individual basis. 2nd technical foul, coaches will be ejected.
- All participants will receive a participation award.
- You can't add players to your Roster.
- After being up by 10pts players must stay in restricted area until score is under 7pts or less.
- Overtime, each team will line up to take one free throw shot each, team that makes the most shots wins

AGES 7/8

- All players must play one uninterrupted quarter in the 1st half. Non-starters must play the entire second quarter and at least 2 minutes in the second half.
- No player can play the entire game unless only 5 players are present.
- Each team will have 4 time outs for the entire game. (2) Full and (2) 30 sec. time outs.
- Zone defense will be played the first 3 quarters. Man-to-man will be allowed in the 4th quarter. No trapping or double teaming will be allowed.
- Full court pressing will NOT be allowed in the game at all.
- Games consist of four 6 minute quarters. (Running Time) clock will stop on free throws and time outs. Clock will also stop 2 minutes in the 4th quarter.
- Each player will shoot a free throw at halftime. If the number of players is uneven, then the opposing coach will pick a player or players to shoot multiple shots.
- Players will foul out after 5 personal fouls.
- After the 10th foul there will be a double bonus and a player will shoot 2 foul shots.
- If a coach receives a technical foul during the game, that coach must stay seated for the remainder of the game.
- Coaches and players are subject to disciplinary action by the recreation department if they are ejected from the game, each case will be decided on an individual basis. 2nd technical foul, coaches will be ejected.
- All participants will receive a participation award.
- You can't add players to your roster.
- After being up by 15pts you must stay inside the 3 point area until score is under 10pts or less.
- Overtime, each player will line up to take one free throw shot each, team that makes the most shots wins.
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AGES 9/10

- All players must play one uninterrupted quarter in the 1st half. Non-starters must play the entire second quarter and at least 2 minutes in the second half.
 - No player can play the entire game unless only 5 players are present.
 - Each team will have 4 time outs for the entire game. (2) Full and (2) 30 sec. time outs.
 - Zone defense will be played the first 3 quarters. Man-to-man will be allowed in the 4th quarter. No trapping or double teaming will be allowed.
 - Full court pressing will NOT be allowed in the game at all.
 - Games consist of four 6 minute quarters. (Running Time) clock will stop on free throws and time outs. Clock will also stop 2 minutes in the 4th quarter.
 - Each player will shoot a free throw at halftime. If the number of players is uneven, then the opposing coach will pick a player or players to shoot multiple shots.
 - Players will foul out after 5 personal fouls.
 - After the 10th foul there will be a double bonus and a player will shoot 2 foul shots.
 - If a coach receives a technical foul during the game, that coach must stay seated for the remainder of the game.
 - Coaches and players are subject to disciplinary action by the recreation department if they are ejected from the game, each case will be decided on an individual basis. 2nd technical foul, coaches will be ejected.
 - All participants will receive a participation award.
 - You can't add players to your roster.
 - After being up by 15pts you must stay inside the 3 point area until score is under 10pts or less.
 - Overtime, each player will line up to take one free throw shot each, team that makes the most shots wins.
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AGES 11/14

- All players must play one uninterrupted quarter in the 1st half. Non-starters must play the entire second quarter and at least 2 minutes in the second half.
- Each team will have 4 time outs for the entire game. (2) Full and (2) 30sec time outs.
- No player can play the entire game unless only 5 players are present
- Each team must have 5 players to start the game.
- Games consist of four 8 minute quarters. (Running Time) clock will stop on free throws and time outs only. Clock will also stop 2 minutes in the 4th quarter.
- Man to man and full court trapping will be allowed.
- Full court pressing will be allowed after halftime, unless up by 15 points or more.
- Players will foul out after 5 personal fouls.
- After the 10th foul there will be a double bonus and a player will only shoot 2 foul shots.
- If a coach receives a technical foul during the game, that coach must stay seated for the remainder of the game. 2nd technical foul, coach will be ejected.
- Coaches and players are subject to disciplinary action by the recreation department if they are ejected from the game, each case will be decided on an individual basis.
- Top two teams will advance to the championship game. The top team in the age group will be awarded individual trophies.
- You can't add players to your Roster.
- After being up by 15pts no full court pressing will be allowed and you must stay inside the 3 point area until score is 10pts or less.
- Overtime will consist of (1) two minute quarter with clock stopping the last minute. If game goes into second overtime, the coach picks one player to shoot 2 free throws.

