

Mountain Recreation Youth Basketball Rules

	7-8 yo	9-11 yo
Goal Height	8'	9'
Ball Size	27.5"	28.5"
Game Length	Four 10-min. quarters	Four 10-min. quarters
Free Throw Line Distance	14'	15'

All rules follow NFHS rules unless otherwise specified and follow USA Basketball's recommendations.

<https://youthguidelines.nba.com/>

All Ages:

- **Each participant is required to have an equal amount of playing time.**
- Teams have one timeout per half (and one in the event of overtime). Timeouts do not carry over. The ball does not advance on a timeout.
- **Defense:** Defense is man-to-man only. *Players should be matched up guarding the opposing player closest to his or her skill level.* Double-teaming/trapping is not allowed. Wristbands will be provided to help players remember defensive assignments. All 7-8yo's will use wristbands. 9-11yo coaches will agree to use/not use them at the start of the game. **Defense will start at the three-point line extended** (full-court defense is not allowed.) **This is to help children develop principles of movement with and without the ball in a half-court setting.**
- A team must have at least 3 players present at game time. If a team is short players at game time, the team may ask to borrow players from the team in which they are playing. Games may be modified to accommodate the number of players present. The coaches and official will come together to agree on a modification of the game.
- If a player airballs a free throw, they may move a step closer for the second attempt.
- There is no shot clock.
- Calling of dribbling violations will become stricter as the season progresses and may vary according to individual skill level.
- **All field goals will be two points (3-pointers are not counted). This is to encourage players to shoot from within a developmentally-appropriate range and allows for using proper mechanics and form.**

7-8 Years Old:

- The clock will be a running clock, except for timeouts.
- **Fast breaks are discouraged.** When a player gets a rebound or loose ball, he or she should wait three seconds for teams to get up the court to work on half-court offense.
- The score and team fouls will *not* be kept. This is the same as all other Mountain Rec. 7-8yo programs.
- The clock will stop at the 5-minute mark, or closest time to, to allow for substitutions in each quarter.
- **Stealing off the dribble is not allowed. This is to allow players to build skills and confidence in dribbling. Passes and loose balls may be stolen.**
- There are no backcourt time violations. This allows coaches to communicate to players before they reach half court.
- **First three games: Players will get warnings for dribbling violations and the team will retain possession of the ball. After that: Dribbling violations will be turnovers.**

9-11 Years Old:

- The clock will be running clock, except for timeouts. If the score differential is 10 points or under, the clock will stop for dead balls in the last 2 minutes of the second half and overtime. Overtime will consist of *one* 2-minute period.
- The score will be kept.
- Coaches may sub at any dead ball.
- Fast breaks are allowed.
- Lane violations will be called for *5 seconds* in the lane. Backcourt time violations will called at *10 seconds*.
- **Mercy Rule:** If a team is winning by 10 or more points, stealing off the dribble will no longer be allowed. If a team is winning by 20 or more points, the score will not be kept, and the game will be finished with a running clock.

General Info:

- Practice cancellations are at the discretion of coaches. Game cancellation are at the discretion of Mountain Recreation. Games will be cancelled in the event of lightning or unsafe field conditions.
- Mountain Recreation will provide: jerseys, balls, and cones
- Parents should be familiar with the Parent Code of Conduct.