



Youth Basketball Rules 10/12 Girls Age Group

Common Rules

1. Game Administration:
 - a. The league will be 5 on 5. Teams must have a minimum of Four (4) players to begin a game. Teams must have a minimum of Three (3) players to finish the game. Coaches can combine players if needs be so that the children can still play the game.
 - b. Coaches should attempt to allow each player to “handle the ball” once per game. Player involvement is important to the development of the player and their inclusion with the team.
 - c. All players must play 50% of the game.
 - d. If a player shows up late, the coach should make every attempt to play them the two full quarters. If the player shows up after the start of the third quarter, the coach is not held to the two full quarter rule. The coach should play the player a full quarter.
 - e. Each team will be allowed four (4) time-outs per game. No consecutive time-outs will be allowed.
 - f. Only one head coach and one assistant will be allowed on the bench.
 - g. Quarters will be Eight (8) minutes in length with a running clock. The clock will only stop for time-outs and injuries.
 - h. Slow break for the first 3 quarters. Fast break in the 4th quarter only.
 - i. There will be a jump ball at the beginning of regulation and alternate with a possession arrow thereafter. Overtime will begin with a jump ball.
 - j. Overtime will consist of a three (3) minute period. If the score is still tied at the end of the overtime period, then a “sudden-death” overtime will be played. The first team to score in the additional overtime period will win the game.
 - k. 10/12 Girls will shoot on 10ft goals and use the 28.5” ball.
2. Handling the Ball and Defense:
 - a. Slow Break Rule
 - i. No fast breaks by the offense and no back-court pressing by the defense for the first 3 quarters. The 4th quarter is straight basketball.
 - ii. The offensive team must allow the defense necessary time to get across mid-court and set up before advancing the ball past mid-court.
 - iii. Defense has to stay inside the three point arc at all times.
 - b. Mercy Rule:
 - i. If a team is ahead by ten (10) or more points at anytime in the game, there will be NO back court pressing by the team in the lead. One warning, then a 2 shot technical foul and possession will be awarded.
 - ii. There will be no fast breaks by the team in the lead. One warning, and then a 2 shot technical foul and possession will be awarded.
 1. Note—If you are the team trailing by 10 or more and you choose to press in the back court, this rule is nullified.
 - iii. The mercy rule is nullified when the trailing team has cut the lead down to single digits.
3. Coaching, Parent and Player Behavior:
 - a. We encourage full respect for other team members and game officials.
 - b. If a player/coach/spectator is ejected for inappropriate behavior, the OPC Director will determine all disciplinary action.
 - c. Technical fouls will be assessed for unsportsmanlike trash talking. A 2nd technical will result in the player being removed from the current game and a 1 game suspension for the team’s next scheduled game.
 - d. If a team has only five players and one of the players fouls out, then the game will continue as 5 on 5. If the fouled out player commits another foul, the other team receives an automatic 2 free throws and possession. The fouled out player will also **NOT** be allowed to score.