



## Youth Basketball Rules 11-12 and 13-15 Year Age Groups

### 5 vs 5

#### 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 need 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. 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.
  - i. 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.
  - j. 11-15 year olds will shoot on the regulation 10 foot goals.
  
2. Mercy Rule:
  - a. 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.
  - b. There will be no fast breaks by the team in the lead. One warning, then a 2 shot technical foul and possession.
    - i. Note—if you are the trailing team and you choose to press or trap in the back court, then the rule is nullified.
  - c. 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 2<sup>nd</sup> 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.