

Turlock Sports Park - Youth Basketball Rulebook 2026



COURT AND GAME RULES

5u will play 3v3
Ages 6-13 will play 5v5

Dimensions and Ball Size:

- 5U division: 7 1/2 ft - Size 4 (25.5")
- 7U division: 8ft - Size 4 (25.5")
- 9U division: 9ft - Size 5 (27.5")
- 11U division: 10ft - Size 6 (28.5")
- 13U division: 10ft - Size 7 (29.5")

Free Throws:

- 5U division: **8ft** from backboard
- 7U division: **10ft** from backboard
- 9-13U division: **15ft** from backboard
- 5-7u division: 1 point awarded, 1 shot
- 9-13u division: **Both** free throws will be shot

Minimum # of players to start match:

- 3 (coaches agreement to play 3v3 halfcourt otherwise full court)

Substitution & Playing Time Rules:

- ALL subs must wait kneeling by the scorers table
- ALL subs must wait for Referee to signal them in
- No limit on subs
- ALL AGE GROUPS EQUAL PLAYING TIME**

Game Duration:

- 5u division: First 15-20 min drills/engagement time ; gameplay will then begin with 2 15 minute halves of 3v3.
- 7u division: Four 8 minute quarters
- 9-13u division: Two 20 minute halves
- 7-13u division: Pro Clock will be enforced in the last 2 minutes of the second half if lead is 10pts or less
- ALL halftimes will be 3min

Mercy Rules:

- 7-9u division: Mercy rule will be put into effect when 20pt lead is reached, score will freeze until lead simmers down to 12pts or less
- 11-13u division: Mercy rule will be put into effect when 25pt lead is reached, score will freeze until lead simmers down to 15pts or less

Fouls and Misconduct:

Shooting foul:

- 5&7U divisions will be 1 pt and 1 free throw
- 9,11&13U divisions will earn BOTH pts at free throw line
- Contact to the body of the offensive player while shooting will result in a shooting foul, unless the defender goes straight up and makes FULL contact with the ball

Reach in foul:

- 5-9U divisions have a **NO STEALING** rule, which means the defender CANNOT swipe or reach in on the ball handler. The ball can be stolen if the handler loses control or full possession of the ball, or on a pass
- 11&13U divisions players may steal the ball but any contact on or across the body when reaching or swiping will be deemed a reach in foul

Blocking foul:

- Blocking fouls will be enforced in ALL divisions, if a defender moves into the path of an offensive player without establishing legal guarding position, causing contact that impedes their progress, a blocking foul will be enforced.

Unsportsmanlike Conduct Fouls:

- **Any** behavior that is disrespectful toward referees, opponents, or the game itself — including yelling, arguing, or taunting — will result in a technical foul.

Delay of Game: Purposely slowing down the game, such as touching or holding the ball after a made basket, preventing a quick inbound, or interfering with play setup.

Illegal Substitution: A player entering or exiting the game without following proper substitution procedure or without the referee's signal.

Bench Technical: Any misconduct by a coach, assistant, or bench player — including excessive arguing, stepping on the court, or disrespectful language.

Too Many Players on the Court: Having more than 5 players on the court during live play results in a technical foul and loss of possession

Flagrant 1 Foul: Unnecessary contact that's not a legitimate play on the ball.

Flagrant 2 Foul: Excessive or violent contact with potential for injury; results in ejection, players that try to foul with the intention to hurt another player will sit out the remainder of the game, if this happens with less than 2 minutes left, that player will sit out the following game

Game Tactics:**Set defenses and Press:**

- ALL age groups may play either man-to-man or zone defense

- 7U division: Defensive players must start BEHIND three point line, half-court press is allowed ONLY last 2 min of the 2nd half if score is within 10pts or less

- 9U division: Defensive players must start behind half court, full court press is allowed ONLY last 2 min of the 2nd half if score is within 10pts or less

- 11&13U divisions: Defensive players must start behind half court, full court press is allowed in the last 2 min of **BOTH the 1st and 2nd half** (if a team is up by 15 or more in the 1st half they **CANNOT** press)

- Double teams **are** allowed

Violations:

- Backcourt violation will be issued occasionally in 7&9U divisions, will be issued strict in 11&13U divisions

- 10 seconds to get the ball across half court

Traveling Violation:

- 7U division will be an occasional call (4 or more steps will be called)
- 9U division traveling will be called more frequent (3 or more steps/pivot change will be called)
- 11&13U divisions traveling will be called strict (3 steps will be called, any sliding of feet or pivot change will be called)

Double-Dribble Violation:

- 7U occasionally will be called (if the player picks up the ball and dribbles again 2 or more times will be called, remind them to use 1 hand)
- 9U&up will always be called (player can only use 1 hand to dribble)

5 Seconds in the key:

- 7U this will be LIGHTLY enforced (remind them to get out after awhile)
- 9U will be called frequent (remind them to get out or one foot in one foot out)
- 11&13U will be strictly enforced (remind them to get out or one foot in one foot out)

Carrying / Palming:

- 7U will be lightly enforced (if ball goes way above their shoulder or they fully carry ball)
- 9U frequently enforced (if ball handler flips palm when dribbling)
- 11&13U strictly enforced (if ball handler flips palm when dribbling)

Jumpball:

- Jumpball will be called in all divisions other than 5u, Although there is no stealing in 5-9U, jumpball will still be called if a defender gets both hands on top of the ball without making contact to the offensive players body, it will be deemed jumpball.

Illegal Screen / Moving screen:

- A screen becomes illegal if the screener is moving at the moment of contact or does not give the defender enough space to avoid the screen. The screener must be set and stationary when contact occurs.

Line Violation:

- Occurs when the player inbounding the ball steps on or over the boundary line before releasing the ball.

Sportsmanship / Sideline Rules

- All players, coaches, and spectators are expected to conduct themselves with great sportsmanship at all times. Abuse of referees, coaches, players, or others will not be tolerated. Any such behavior may result in immediate ejection from the game or facility, without refund, for the offending individual or team.

Taunting: Taunting or mocking other players, coaches, or referees is strictly prohibited. Any taunting will result in a technical foul and could lead to further disciplinary action if it continues.

Foul Language: Players may not use foul or inappropriate language on the court. The first offense will result in a warning. Repeated offenses will result in a technical foul and may require the player to sit out for five minutes of game time.

Referees: Referees are to be treated with respect at all times. They are human and, like all of us, may occasionally miss a call. However, any form of abuse, disrespect, or inappropriate conduct toward referees will not be tolerated and may result in immediate ejection or further disciplinary action.