

Hebron Youth Basketball Rules

National Federation Rules, unless otherwise stated

1. Games begin promptly. Teams meet at mid-court for prayer by home team two minutes before game time.
2. All participants must be on rosters.
3. **ONLY THE HEAD COACH MAY STAND WHILE THE GAME IS BEING PLAYED.** Exception: Coaches for COED 5-6 year olds will be allowed to remain on the court to assist players during the first two games.
4. Teams with less than 5 players at tip-off must play or forfeit. A 5-minute grace period is given for weekday 6:00 games. Team must have 4 to start.
5. Half time is 3 minutes. It can be extended by the officials.
6. All quarters are ten minutes with a running clock. The clock will stop on all whistles in the last minute of the 2nd quarter and the last two minutes of the 4th quarter.
7. Teams are allotted 2 time-outs per half. They can be used at any time.
8. There is 1overtime, 2 minutes in length. The overtime period begins with a tip-off followed by alternating possession. Each team has only one time-out available in overtime period and cannot carry over any time-outs from the 2nd half. NO overtime for 5-6 & 7-8 year olds.
9. Teams will shoot bonus free throws beginning on the 7th team foul of each half with the double bonus on the 10th foul.
10. A player/coach may announce intent of committing a personal foul while the ball is dead. Only a touch is required for the foul to be called.
11. A team that is down to 3 players due to foul trouble may continue to allow a 4th player to participate. The 4th player must be the last person to foul out. Each subsequent foul by that player is also a technical foul.
12. A player receiving a technical foul for conduct will be penalized as follows:
First Offense: removed for a minimum of 10 minutes.
Second Offense: removed for the remainder of the game and the next scheduled game.
Further Offenses: removed for the remainder of the game plus a minimum 2-game suspension.
13. A coach that receives 2 technical fouls in a single game will be ejected from the gym and is suspended the next scheduled game. If a coach uses inappropriate/abusive language or physical threats before the first technical is given, he can also be ejected from the gym, and a formal report will be sent to Hebron's administration for consideration of permanent removal from the league. The coach has 2 minutes to leave the gym or the game is ruled a forfeit and the game will be over.
14. If an official deems it necessary the removal of a coach/player/parent/fan and a Hebron administrator is not present, the official can tell the coach responsible for the parent/fan that they need to get the parent/fan out of the gym in the next 2 minutes or the officials are going to rule the game a forfeit. If a coach/player/parent/fan is ejected from a game, the person ejected and the head coach will serve an automatic next game suspension.

Gym Rules These rules apply to all gyms that will be used in our program.

1. No smoking, tobacco, or alcoholic beverages in the gyms, gym lobbies, or on church premises.
2. During practices and games, please do not enter portions of the building that are unoccupied.
3. Restroom facilities are available and we ask that you help us keep them clean.
4. No pets allowed in the gyms or gym lobbies.
5. The use of profanity or threatening language will not be tolerated. Anyone violating these rules is in jeopardy of being removed from the league.

Bookkeeper and Timekeeper Duties

The home team is responsible for keeping the scorebook; visiting team is responsible for running the clock/scoreboard. Bookkeeper must keep up with the following: running score at top of the score book, scoring (individual and team), personal & team fouls and timeouts. Coaches need to be notified when: a player has 4 fouls and when the team only has 1 time-out remaining. The only people at the scorer's table should be the bookkeeper, timekeeper, and the league representative on duty.

Variations for all divisions

| Division | Ball Size | Goal Ht | Free Throw | Press | Defense/Offense |
|---|-----------|---------|------------|--|---|
| Coed 5-6 | 28.5 | 8 ft | 10 ft | No press | Defense must keep one foot in the lane until offense penetrates this area. Once offense has penetrated the lane defense can follow the ball. Offense has 10 seconds after crossing midcourt to get the ball into the lane. COED 5-6 teams will be allowed to line their team up during halftime and let each player shoot one free throw each. Free throws are 1 point each and will be counted. If a team has an uneven number of players the referee will decide which player will shoot twice. |
| 7-8 Boys & Girls | 28.5 | 8.5 ft | 12 ft | Yes Only during the final two minutes of 4 th quarter (mid-court only) | Defense must remain behind the 3pt line until offense penetrates this area. Offense has 5 seconds after crossing midcourt to penetrate the 3 pt zone. Once inside the 3pt zone defense can follow the ball. Mercy Rule: If a team is leading by 15, no press is allowed and defense must keep one foot in the lane until offense penetrates this area. Once offense has penetrated the lane, defense can follow the ball. Defense must remain in this zone until the team is within 10 points. |
| 9-10 Boys & Girls | 28.5 | 9.5 ft | 12 ft | Yes (4 th quarter only) | Defense must remain behind 3pt line until the offense crosses midcourt. This will be strictly enforced. Defense can press during the 4 th quarter. Mercy Rule: If a team is leading by 15, no press is allowed and defense must remain behind the 3pt line until offense penetrates this area. Defense must remain in this zone until the team is within 10 points. |
| 11-12 Girls 13-18 Girls | 28.5 | 10 ft | 15 ft | Yes | Man or zone defense is allowed. Mercy Rule: If a team is leading by 15, no press is allowed and defense must remain behind the 3 pt line until offense penetrates this area. Defense must remain in this zone until the team is within 10 points. |
| 11-12 Boys 13-14 Boys 15-18 Boys | 29.5 | 10 ft | 15 ft | Yes | Man or zone defense is allowed. Mercy Rule: If a team is leading by 15, no press is allowed and defense must remain behind the 3 pt line until offense penetrates this area. Defense must remain in this zone until the team is within 10 points. |

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We give our lives to lead people to life-changing faith in Jesus.