



## Youth Division Rules

- I. Regular Season
  - a. When applicable Youth Division teams will be split into random pools for regular season scheduling.
- II. Game Time/Scoring
  - a. Regulation games will consist of four (4) seven (7)-minute quarters with a running clock for the first six (6) minutes. During the last minute of each quarter, the clock will stop for all whistled plays. Clock will also stop for all free throws throughout the period.
  - b. One (1) full time out (one minute) will be allowed per quarter - no carryover. Clock will stop for all time-outs.
  - c. There will be no overtime period during regular season games. Regular season games that end in a tie will be declared a tie to downplay competition.
  - d. Scoring will follow NHFS basketball guidelines.
- III. Fouls/Free Throws
  - a. Foul call will be made according to NHFS guidelines.
  - b. Five (5) team fouls will result in a bonus situation for the opposing team during each half. Unless the foul is a shooting foul, all foul shots in the bonus situation will be one and one. There is no double bonus situation.
  - c. Free throw line markings: The Youth free throw line will be measured three feet down from the normal free throw line in the direction of the basket
  - d. Non-shooting fouls prior to the bonus situation will be dead ball fouls and the ball will be inbounded by the offended team at the sideline hash mark on their offensive end of the court.
- IV. Game Play
  - a. Both teams must play man defense throughout the entire game.
  - b. No full court press at any point in the game.
  - c. Fast break will be restricted to occur only in the 2<sup>nd</sup> half (3<sup>rd</sup> and 4<sup>th</sup> quarter).
    - i. During the 1<sup>st</sup> half (1<sup>st</sup> and 2<sup>nd</sup> quarter), when a team gains possession of the ball because of a stolen pass, rebound, blocked shot, jump ball, or made basket, they may not advance the ball over half-court until the last defensive players have crossed over half court. Violation of this rule will result in a stoppage of play. A violation of this rule will result in the team committing the violation to retain possession of the ball and inbounding on the sideline of their half of the court.
  - d. No “on the ball” traps
    - i. When an offensive player has possession of the ball only one defender may play defense on that player. “Help” defense may occur if a defender is beat off the dribble.
    - ii. A violation of this rule will result in stoppage of the game. The ball will be inbounded by the offensive team under the violating defensive team’s basket.



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- e. With 30 seconds or less remaining in any quarter, the team with possession of the ball may call time out and receive the ball at half court regardless of where possession of the ball is prior.
- V. Tournament
- a. The Youth division tournament will be restricted to the top 6 teams in each division. If no split is required only the top 12 teams will make the tournament.
  - b. During Tournament play, if a game is tied at the end of regulation, teams will play a seven (7) minute overtime period with a running clock for the first six (6) minutes.
  - c. Fast breaks are permitted during overtime.
  - d. During the last minute of the period, the clock will stop for all whistled play. Clock will also stop for all free throws throughout the period. This will continue until a winner is determined. Each team will have one (1) full time out (one minute) during the overtime period.
  - e. For the Tournament Championship game, if the game remains tied at the end of the first overtime period, the result will be a tie, and the teams will be declared Tournament Co- Champions.