



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. Playing Time
 - a. Teams with eleven or more players will be required to play each player one full quarter. The coach has the right to determine which quarter each player will play. No player may play more than two (2) quarters.
 - b. Teams with ten players or less will be required to play each player two full quarters. The coach has the right to determine which quarter each player will play. No one player plays additional quarters until all players play the same number quarters.
 - c. Substitutions will not be permitted once a period starts unless a player is injured or otherwise unable to complete a period.
 - d. Every parish/school must have a scorebook with all the players' names and numbers entered for each game. If a player cannot play in a game, it must be noted.
 - e. During tournament play, if a game goes into an overtime, normal substitution patterns will be followed. This means that no player can play an extra until all players play the same number of quarters.
- IV. Fouls/Free Throws
 - a. Foul calls will be made according to NHFS guidelines.
 - b. Shooting Fouls will follow NHFS guidelines.
 - 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
- V. 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 2nd half (3rd and 4th quarter).
 - i. During the 1st half (1st and 2nd 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 inbound 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 inbound by the offensive team under the violating defensive team’s basket.
- 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.

VI. 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 three (3) minute overtime period with a running clock for the first two (2) 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.