



YOUTH BASKETBALL RULES

REVISED DECEMBER 2022

1. All Virginia Beach Field House Intramural basketball games for youth basketball are governed by the National Federation of High School Basketball rules with the following EXCEPTIONS and modifications outlined in these rules. The official rules are written and published by the National Federation of State High School Associations (NFHS), which governs Virginia high school basketball rules. These rules are designed to create a safe, fun and developmental environment. The promotion of character, sportsmanship and leadership are required of all participants.

- a. In case of a dispute, the annual NFHS rulebook published will be used to find the correct rule and/or procedure.
- b. Players cannot participate in games unless they are registered in the VBFH registration platform. Teams cannot write in players' names on the scoresheet. It is the coach's responsibility to ensure all of their players are registered.
- c. A player cannot play on another team within the same division. As well as, a player can not play in Competitive league and then play in Recreational league. If a 10U player is skilled enough to play in 12U, then they will ONLY play in 12U, unless approved by the League Director.
- d. Rosters will be locked by the designated Roster Lock Date communicated by the League. During the open period, teams can continue to invite players to join their team, however, once the Roster Lock date has passed no teams will be allowed to add to their rosters.

2. Basic basketball rules modifications are as follows:

- a. Teams may play with a minimum of four (4) players to start the game.
- b. Any team that cannot make it to their game, must notify the Virginia Beach Field House immediately so that other arrangements could be considered. This **does not** guarantee the game will be made up or rescheduled. Missed games will be considered a forfeit and the opposing team will receive a win added to their record.
- c. **For safety purposes NO player can compete with jewelry, this includes newly pierced ears and nose rings. Hair adornments may not be made of hard materials.**
- d. Teams competing in all leagues and divisions will compete in regulation play with all rules being governed by NFHS.
- e. Teams competing in the COMPETITIVE league ARE allowed to full court press; however, there will be NO full court pressing once the team is ahead by 20 or more points. At this point, the team must

fall back behind the half court line to play defense. If the lead gets under 20 points, teams MAY continue to press until the 20 point lead is reached again.

f. Teams competing in the Recreation league ARE ONLY allowed to full court press in the second half; however, there will be NO full court pressing once the team is ahead by 20 or more points. At this point, the team must fall back behind the half court line to play defense. If the lead gets under 20 points, teams MAY continue to press until the 20 point lead is reached again.

g. Teams competing in the 7U/8U league will be allowed to full court press in the last 4 minutes of the game ONLY. Teams will be allowed to fast break but the defensive team cannot attempt to steal the ball until the offensive team advances the ball past half court.

h. In a scenario where leagues have to be merged, the rules of that division will revert to the lower division. i.e. - Competitive and Recreation merge, rules will follow Recreation.

i. If during a game, conditions (loss of power, surface playability, etc) force a stoppage of play before the game is considered officially over; then a 5 min delay will be imposed. After the 5 minutes if the conditions can be resolved in a timely manner lasting no longer than 15 minutes then the game will continue. If not, the game will be considered officially over. This could result in a tied record.

3. The Ball:

- a. 7U/8U, 9U/10U and 11U/12U basketball divisions will use 28.5 inches in circumference basketball.
- b. 14U and HS basketball divisions will use 29.5.

4. The Rim:

- a. 7U/8U will play on an 9ft rim.
- b. All other divisions will play on a 10ft rim.

5. Time outs:

- a. Youth league games will receive (2) 30 second and (1) 60 second time outs for the entire game.
- b. Timeouts DO NOT transfer into overtime. (If you don't use them, you lose them).
- c. Each team will receive (1) timeout per overtime period.
- d. The STANDING COACH is the only person that can call a timeout from the sideline. Otherwise, all timeouts must be called by players on the court.

6. Game Times:

- a. Games will consist of two 20-minute running halves for youth leagues 9U/10U and up; 7U/8U league will play four (4) 8 minute running quarters.
- b. Teams will be allowed a 3-minute warm-up period, if available.

c. The game clock will run the entire game, except during timeouts, or within the last 2 minutes of the second half UNLESS a team is ahead by 20 points then it will be a running clock.

d. Games will start as close to on time as possible. Teams are responsible for ensuring they have enough players to begin the game at the scheduled time.

i. If the game begins, a player who arrives late cannot enter the game until a stop in the game and/or halftime in order for VBFH staff to check the player in to ensure the flow of the game continues uninterrupted.

e. If one team does not have sufficient players to begin the game a 5-minute grace period will be allowed. At the conclusion of the 5-minute grace period and a team STILL does not have the required number of players, the game will be deemed a forfeit.

f. **During the regular season if the score is still tied at the end of regulation, the game will end in a tie.** All overtime periods will be a 3-minute regulation clock (PLAYOFFS ONLY). However, during the playoff an additional overtime of 3 minutes will be played until a winner is declared.

g. The home team will be listed on the left of the schedule.

7. Free Throws:

a. Teams will shoot 1 and 1 after the 7th team foul.

b. Teams will shoot 2 shots after the 10th team foul.

c. Players lined up in designated lane spaces may enter the lane upon the release of the ball by the free throw shooter.

d. All players who ARE NOT lined up in designated lane spaces, the SHOOTER and ALL players who are above foul line extended may not enter the lane or go below the 3-point arc until the ball hits the rim.

e. The 7U/8U league will not foul out of the game, however, excessive fouling could result in 1 minute benching. After a player has received their 6th foul, every additional foul thereafter will result in 1 point given to the opposing team.

f. **The 7U/8U Developmental league will not shoot free throws for common fouls or shooting fouls during the game, however, each player fouled, there team will be awarded 1 point.** All players will shoot 2 free throws at halftime. Free throws will be equal on both sides which means if team A has 8 players and team B has 5 players, team B will be allowed to have 3 players shoot extra free throws. .

8. Coaches rule.

a. Each team is allowed to have a maximum of two (2) coaches on the bench. The head coach is the ONLY coach allowed to stand and coach during the game. However, the head coach can designate one of his/her assistants to stand then, the head coach must sit.

b. Coaches are responsible for the conduct of bench personnel as well as their parents and can receive a technical foul for their misconduct.

- c. If a coach receives one (1) direct or two (2) indirect technical fouls they WILL lose their coaching standing privileges and/or ejected. (2) direct technical fouls given to one individual will be an automatic ejection.
- d. If a coach or parent gets ejected, there will be a mandatory next game suspension and depending on severity or if ejected twice, the directors will investigate and determine the coach or parent's, player's future with the league.
- e. Head coaches are the **ONLY coach** permitted to address the officials. The team captain is the **ONLY player** allowed to address the officials. **NO PARENT** that is not deemed to be the team's head coach will be permitted to address the officials. Violation of this rule will result in a technical foul. The second violation of this rule will result in a disqualification of the participating team.
- f. Coaches are responsible for keeping spectators and non-rostered individuals off their benches and off the court.

8. Sportsmanship:

- a. Coaches must show good sportsmanship at all times. Coaches WILL NOT be allowed to yell or use profanity towards officials or Field House personnel.
- b. Any cursing or display of unsportsmanlike conduct will result in a technical foul given to the offending player.
- c. Using the foul and vulgar language MAY result in an automatic ejection.
- d. Physical contact with an official or Field House staff WILL result in an automatic ejection from the league.
- e. Any fighting or physical altercations will result in an automatic ejection from the game for the offending player(s) and will be suspended for the season and/or an entire year. The directors will investigate and determine the player's future with the league.
- f. Spectators must stay off the court area until the previous game has finished to avoid overcrowding the courts, prohibiting the referees to properly adjudicate the game and players to remain a safe area to play. Spectators must stay to the spectator sideline and are not allowed to stand on the baseline, especially underneath the basketball hoop.**

*******THE OFFICIAL'S DECISION IS FINAL*******

If a rule is not covered in these rules, then all other rules will be played according to VBFH rules and the official's judgment.

The VBFH has a ZERO TOLERANCE policy for profanity, threats, aggression, violence towards VBFH staff, officials, coaches, fans, or coming on the court unless there is an authorized reason.

Anyone who violates the Zero tolerance policy will be removed from the premises and action will be taken by the league director.