



# **YOUTH BASKETBALL RULES**

## **WINTER 2025-2026**

**OCONEE COUNTY PARKS AND RECREATION DEPARTMENT**

## GOVERNING BODY

The Oconee County Parks and Recreation Department will be the governing body of all Winter 2025-2026 Youth Basketball Leagues and will have final authority concerning all rules and decisions. All rules and guidelines for each league are subject to change by OCPRD during regular and post season.

## CONTACT INFO

**8U – 11U Girls** Program Coordinator:

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**11U Boys – 14U** Program Coordinator:

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## CODE OF CONDUCT

- All participants are governed by the Oconee County Parks and Recreation Department Code of Conduct.
- Players, spectators, and coaches should display a good sporting attitude. Spectators, parents, coaches, or participants who display unsportsmanlike behavior will be asked to leave the premises. If such behavior continues, the parent, participant or both may be removed from the program.
- Any coach, assistant coach, or player ejected from a contest must leave the vicinity immediately (out of sight and sound). Anyone ejected is prohibited from any further contact with the team (direct or indirect) for the remainder of the game and will not be permitted on the premises for the team's next scheduled game and potentially the team's remaining games.

## LEAGUES

Age Divisions	Age
8U	7 – 8 years
10U Boys	9 – 10 years
11U Girls	9 – 11 years
11U Boys	11 years
12U Boys	12 years
14U Girls	12 – 14 years
14U Boys	13 – 14 years

### Age Control Date

**Winter 2025: September 1, 2025**

**\*Must be 7 years old on or  
before age control date**

## LOCAL RULES

All games will be played under **Georgia High School Association (GHSA)** and **USA Basketball** rules except where local rules supersede:

1. A participant's age and gender are determined by the gender noted on his/her birth certificate.
2. One block is equivalent to half of a quarter. Each quarter is divided in half, thus there are eight (8) blocks during the game.
3. Each player except when sick or injured must play at least four (4) blocks, equivalent to half the game.
  - a. If a player arrives after the game has begun, they must participate in at least half of the remaining blocks.
    - i. *Example: If a player arrives at the beginning of the 2nd quarter (Block 3), they must play in at least 3 of the 6 remaining blocks.*
4. Each player is required to sit two (2) blocks, equivalent to one (1) quarter, per game. Preferably not 2 consecutive blocks.
5. Exception: Teams with only 6 players present are required to sit each player one (1) block/half the quarter.
6. Teams must have at least four (4) players to begin a game.
7. Substitutions are to be made between block periods within 20 seconds to prevent a delay of game.
8. Free substitution is only permitted in cases when all players have met their playing/sitting time requirements.
9. When "free-subbing", players must kneel down in front of the score table and wait to be beckoned onto the court by the referee.
10. A one-time substitution may be made for a player who has committed his/her 3rd foul in the first half.

11. A one-time substitution may be made for a player who has committed his/her 4th foul.
12. If a player substitution occurs during a block due to injury or foul trouble (4th foul), the player receiving the majority of playing time within the block will be given credit for the entire block.
13. Scorekeepers or gym supervisors will be assigned to track playing/sitting time for all games. Gym supervisors are instructed to approach coaches by the midway point of the 3rd quarter (between the 5th and 6th blocks) to assure that playing/sitting time policies are followed; **however, coaches are responsible for keeping track as well.**
14. Players may not wear anything that can be potentially dangerous, such as jewelry, hard casts, etc.
15. Each age division is separated by gender and will have specific rules per league.
16. League standings will not be posted for any youth sports programs.
17. Postseason tournaments may be offered for the 11U Boys, 12U Boys, and 14U Leagues.
18. Players are only allowed to play on one OCPRD team and in one age division during the season.
19. Any child that is a member of a school sponsored team is eligible to participate only if such participation does not violate school policy and only if child is able to fully participate in OCPRD practices and games from the beginning of pre-season to conclusion of season.
20. There will be one (1) minute between quarters and three (3) minutes at half time.
21. Each team will have four (4) 60-second time-outs per game to be used at any time during regulation play.
22. Home teams will wear white colored jerseys. Guest teams will wear the darker colored jersey.
23. Home teams are always to be seated to the scorekeeper's right. Guest teams are always to be seated to the scorekeeper's left. Teams will begin the first half of each game shooting at the basket opposite their bench and will, therefore, always conduct pre-game warm-ups at this same goal. Teams will switch goals to begin the second half.
24. Any player or coach who displays unsporting behavior will be given a technical foul. **If a player or coach receives two (2) unsporting technical fouls in a game, the player or coach will be ejected from the game.**
25. **A player given a flagrant foul will be immediately ejected from the game.**
26. **Any player or coach ejected from a game for unsporting conduct must exit the gym immediately, will be suspended for the next scheduled game (and potentially the team's remaining games), and will not be allowed in the gym during the next scheduled game, to include tournament play.**
27. All coaches must remain inside the coaching box, defined as the area in front of the team's bench, during game play. Coaches should only approach the scorer's table during time-outs and quarter break periods. Coaches are not permitted on the inbounds portion of the court at any time while the ball is in play.
28. No more than three (3) coaches are allowed on the bench during the game. **Only the head coach is allowed to stand during the game.** An assistant coach is not permitted to stand except during team timeouts. Assistant coach may be removed from the team's bench if they continue to stand during game play. If either a head coach or an assistant coach receives a direct technical foul or a warning, the coaches for said team will not be permitted to stand except during timeouts for the remainder of the game.

#### SPORTSMANSHIP RATING

1. After each contest the officials, gym supervisor, and scorekeeper will award a score to each team based on the behavior, actions, and attitudes exhibited during play.
2. The Program Coordinator or OCPRD Administration may provide input which could raise or lower an assigned rating.
3. Behavior before, during, and after contests will be a factor for each team's rating.
4. It is the responsibility of the league coordinator and coaches to inform players and parents about the rating system.
5. Ratings will be given based on a scale of 1-5. A below average score will be subject to league discipline.

**8U RULES**

1. Goal height: 8 ft.
2. Ball size: 27.5"
3. Games will be played with 7-minute quarters. Clock will run except for time-outs, foul shots, and substitution periods. During the last 2 minutes of the 4th quarter, the clock will stop on the official's whistle.
  - a. Mid-quarter substitution opportunities occur around the 3 minutes and 30 seconds mark. Timekeepers are instructed to stop the clock when there is a stoppage or appropriate "slow down" in play around the 3:30 mark.
4. First possession of the game will be given to the home team.
5. One official will call the game.
6. Free throws are taken from the line 12 ft. from the basket.
7. There is no 5-second closely guarded rule in effect.
8. No backcourt pressure is allowed. The 10-second backcourt rule does not apply.
9. The defensive team must stay behind the half court line
10. Defense is not allowed to steal the ball when the offensive player has possession.
11. The following procedures will be in use when the offensive team commits violations such as traveling or double dribbling (for the first violation of a possession):
  - a. Officials stop play and explain violation to the player.
  - b. Play resumes at mid-court area.
  - c. If the violation is on the ball handler, the ball will be returned to the same player to restart play.
12. The ball shall be awarded to the defense if the offense commits two (2) violations during one possession.
13. If a player shoots the ball into the wrong basket, the ball will be returned to the offensive team and they will be directed toward the correct goal.
14. There will be no fast breaks.
15. Player-to-player defense is required
16. Double teaming/crowding is NOT allowed
17. Score will not be kept. Overtime will not be played.
18. One and one foul shots will not be taken. When such a foul is committed, play resumes with a throw-in.
19. Personal fouls will be recorded, and a player committing his or her 5th personal foul will foul out. Team fouls will not be tracked.
20. The NFHS rule excluding players from occupying the lower lane spaces during free throws will be disregarded.

**10U BOYS AND 11U GIRLS RULES**

1. Goal height: 9 ft.
2. Ball size: 28.5"
3. Games will be played with 7-minute quarters. Clock will run except for time-outs, foul shots, and substitution periods. During the last 2 minutes of the 4th quarter, the clock will stop on official's whistle.
4. Mid-quarter substitution opportunities occur around the 3 minutes and 30 seconds mark. Timekeepers are instructed to stop the clock when there is a stoppage or appropriate "slow down" in play around the 3:30 mark.
5. In the last minute of the 4<sup>th</sup> quarter and each extra quarters following a time out, the ball will advance to the offensive team's frontcourt opposite the scorer's table.
6. Stopping the clock after a made basket within the last minute of the 4<sup>th</sup> quarter and any extra quarters (if applicable).
7. First possession of the game will be given to the home team.
8. One or two officials call the game.
9. Free throws are taken from the line 12 ft. from basket.
10. Player-to-player defense is required
11. Double teaming/crowding is NOT allowed
  - a. If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.
  - b. If this results in a double team, a three-second count will begin to allow the second defender to return to their original player
    - i. If the defender does not leave within 3 seconds, the first instance will result in a warning and the second instance will result in an administrative technical foul (one shot and the ball).
12. Players are allowed 5 seconds in the lane. If after 5 seconds, the offensive player remains in the lane, a lane violation will be called. The lane is defined as extending to the 12 ft. free throw line.
13. Backcourt defensive pressure is only allowed during the 4<sup>th</sup> quarter. Backcourt defense, during any other time, results in a warning. Continuous backcourt pressure after being warned will result in an administrative technical foul.
14. Fast breaks only allowed during the 4<sup>th</sup> quarter. During any other time, the offensive team may not advance the ball past half court until the defensive team is in their defensive area. The defensive team must immediately transition to their defensive end of the court without delay.
15. Even during the 4<sup>th</sup> Quarter, if a team has a 15 or more-point lead, there will be no back court or fast breaking allowed until the lead has been cut to 8 points or less.
  - a. If a team violates the no fast break rule, the official will issue a warning. Any repeated violations may result in a delay of game ruling.
16. The defensive team must stay behind the half court line.
17. The one-and-one foul shot(s) starts with the 7th team foul. Double bonus starts with the 10th team foul.
18. Personal fouls will be recorded, and a player committing his or her 5th personal foul will foul out.
19. Overtime will not be played.
20. The NFHS rule excluding players from occupying the lower lane spaces during free throws will be disregarded.
- 21. No 3-point shots to be awarded in school gyms where no 3-point line is painted on court.**

**11U BOYS – 14U RULES**

1. Goal height: 10 ft.
2. An intermediate/women's (28.5") size ball will be used for the following league play:

- a. 11U Boys and 14U Girls
- 3. An official size basketball (29.5") will be used for the following league play:
  - a. 12U Boys and 14U Boys
- 4. Games will be played with 6-minute quarters with the clock stopping on the official's whistle
- 5. In the last minute of the 4<sup>th</sup> quarter and each extra quarters following a time out, the ball will advance to the offensive team's frontcourt opposite the scorer's table.
- 6. Stopping the clock after a made basket within the last minute of the 4<sup>th</sup> quarter and any extra quarters (if applicable).
- 7. Mid-quarter substitution opportunities occur around the 3-minute mark. Timekeepers are instructed to stop the clock when there is a stoppage or appropriate "slow down" in play around the 3-minute mark.
- 8. There are no restrictions on the types of defenses allowed; however, coaches are strongly urged to teach and employ fundamental player-to-player defensive strategy.
- 9. Backcourt defensive pressure will be allowed with the following exception: No backcourt defensive pressure or a half-court trap at the division line will be allowed by a team holding a 20 or more-point lead. When a team's lead is cut to 15 or less, that team may resume backcourt defensive pressure or a half-court trap, if it wishes.
- 10. If a team is leading or down by 30 points or more at any point of the game, a running clock will be enforced during gameplay. When the lead is reduced to 15 points the clock operator will resume normal clock procedures.
- 11. The one-and-one foul shot(s) starts with the 7th team foul. Double bonus starts with the 10th team foul.
- 12. Personal fouls will be recorded, and a player committing his or her 5th personal foul will foul out.
- 13. A technical foul will be assessed if any player hangs on a rim or net during the game, including the pre-game warm-ups and halftime.**
- 14. A two (2) minute overtime will be played if the game is tied at the end of regulation play. If the teams are tied at the end of the overtime period, the game will end in a tie.
- 15. In the event of overtime each team will be given one (1) 60-second timeout for the overtime period. Timeouts may not be carried over from regulation play to the overtime period.

## BASKETBALL LEAGUES OVERVIEW

Age Group	Player Eligibility	Goal Height	Ball Size	Length of Quarters	Clock Stops on Whistle	Double Teaming/Crowding	Postseason
8U	7 – 8 Years	8 ft.	27.5"	7 minutes	Final 2 minutes of game	Not allowed	None
10U Boys	9 – 10 Years	9 ft.	28.5"	7 minutes	Final 2 minutes of game	Not allowed	Jamboree
11U Girls	9 – 11 Years	9 ft.	28.5"	7 minutes	Final 2 minutes of game	Not allowed	Jamboree
11U Boys	11 Years	10 ft.	28.5"	6 minutes	Yes	Allowed	Tournament
12U Boys	12 Years	10 ft.	29.5"	6 minutes	Yes	Allowed	Tournament
14U Girls	12-14 Years	10 ft.	28.5"	6 minutes	Yes	Allowed	Tournament
14U Boys	13-14 Years	10 ft.	29.5"	6 minutes	Yes	Allowed	Tournament

## LEAGUE STANDINGS

- Standings are kept in 11U Boys, 14U Girls, 12U Boys, and 14U Boys leagues and are calculated based on a point system applied to regular season games. Tournament brackets will be seeded based on each team's total end of season points.

Win = 3 Points      Forfeit = 1-0 Win

Lose = 0 Points      Tie = 1 Point

- Team Tie Breaker Criteria (In Order):

1) Head-to-Head Record

a. \*\* If tied teams played more than once during the regular season, point differential will be used to determine the head to head competition winner \*\*

2) Wins

3) Point Differential

a. \*\* Up to 20 points can be gained or lost towards point differential in each game. Each additional point in a game will not count towards point differential \*\*

4) Coin Toss

## TOURNAMENT DETAILS

- Tournament brackets will be seeded based off regular season standings. All regular season rules apply.
- In tournament play, games ending in a tie will go on to play a two-minute overtime period played in its entirety. If the score remains tied after the first overtime period, overtime will be repeated until there is a winner.