

Mount Holly Parks & Recreation Department

BASKETBALL RULES

(9 & 10 yr. olds)

1. High school basketball rules will govern play with the exceptions below.
2. Jump ball to start the game.
3. Good sportsmanship is expected by all participants at all times.
4. A team can full court press ONLY in the last five (5) minutes of the 4th quarter unless the team is up by 15 points or more. The team must play defense inside the 3 point arc until they are up by 10 or less. Until full court pressing is allowed, teams cannot guard a player until the player with the ball fully crosses the half court line.
5. The game will consist of four 10 minute quarters. Every five minutes time will be called to allow for substitution. This is the only time you can sub during the first 3 quarters except for injuries. Each player must play 15 minutes and sit five minutes during the first 3 quarters. The fourth quarter will be free substitutions and the clock will not stop at the five minute mark. If a player shows up after the 2nd quarter has started they must play 10 minutes and after 3rd quarter has started only 5 minutes. If you only have 6 players then each player must sit out for one 5 minute period through the first 3 quarters.
6. Three 30 second timeouts per game.
7. There will be a 5-second lane violation.
8. A stepped up free throw line will be used for players that need it. Coaches must notify the score table of any players that need to use the stepped up line. If a player uses the regular free throw line and steps over after the shot it will not be a violation as long as the player doesn't attempt to rebound.
9. On free throws, players can enter the lane on the release of the ball from the shooter.
10. If a team has players foul out to the point they have less than 5 players on the floor to play then the last five players can stay on the floor but if the player with 5 fouls commits any other fouls it will be a technical foul. The opposing team will get 2 free throws and the ball.
11. In case of a tie during regulation, there will be one (2) minute overtime and time will run regulation. If still tied, sudden death overtime will be played. A jump ball will start and first team to score wins. Each team will receive one timeout during each overtime period.
12. Two coaches may be on the bench per team but only one can be standing. If a coach gets a technical foul, they must sit the remainder of the game. Coaches must keep bench under control at all times.
13. If a previous game finishes before the next scheduled starting time, both teams have to agree to start early. Teams do not have to start until their scheduled start time.
14. Any coach or player that is ejected from a game will be suspended for two games for the first offense and for the remainder of the season for the second offense. Any coach ejected from the game must leave the gym. The two game suspension will be served at the next games played.
15. No jewelry or anything else deem dangerous by the official can be worn during the game
16. A team can start with as few as four players and end the game with three players. If a team drops to less than three players the team will forfeit.
17. Mercy rule: Scoreboard will be shutoff if a team is up by 20 point and the clock will run during the last two minutes. The score will come back on when the losing team cuts the deficit to 10 points.
18. Only water is to be on the gym floor area. Please give out post-game snacks and drinks in the bleacher area.

10' Goals and Ball Size 28.5

Remember everyone is here to learn, enjoy, and compete in a sportsmanlike manner.

REVISED 1/7/20