



MEBANE RECREATION & PARKS

YOUTH BASKETBALL RULES

Updated 11/1/2023

League Basketball Rules



I. NAME:

The name of the league shall be the Mebane Recreation & Parks Youth Basketball League.

II. ELIGIBILITY:

- A. The date used to determine which age group a player is eligible to participate in is January 1 of the playing year.
- B. Each player's age will be approved by the Recreation Department.
 - a. 6U – players age 5-6
 - b. 8U – players age 7-8
 - c. 10U – players age 9-10
 - d. 12U Boys – players age 11-12
 - e. 13U Girls – players age 11-13
 - f. 15U 3v3 – players age 13-15
- C. A player may move up and play in an older league if he/she so desires, but after he/she has participated in one (1) league game with that team, he/she must play in that age group for the remainder of that season.

III. PRINCIPLES OF YOUTH ATHLETICS:

- A. It is the aim of the Recreation and Parks Department to provide organized games and activities, recreation facilities, supervision and leadership to its citizens in their ideals and interests in the area of leisure time activities and/or its organization.
- B. To promote the ideals of good sportsmanship, teach basic skills, develop individual talents, and provide an opportunity to enjoy the best possible recreation advantages and atmospheres.
- C. To recognize the youth participant as an individual with particular abilities and limitations. A great deal of consideration must be given to his physical, mental, emotional, and social development with every precaution taken to ensure that each is developed to its highest potential.

IV. DISCIPLINARY ACTION: (Including: parents, spectators, coaches, and players)

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|----------------------------|--|
| A. Ejection from Game | Minimum 1 Game Suspension |
| B. Unsportsmanlike Conduct | Minimum 1 Game Suspension |
| C. Profanity | Minimum 1 Game Suspension |
| D. Threatening an Official | Minimum Suspension for remainder of season |
| E. Under the Influence | Minimum Suspension for remainder of season |
| F. Fighting | Minimum Suspension for remainder of season |
- a. Any coach, parent or spectator suspended must leave the playing facility immediately upon ejection; however, a player may remain at the playing facility.
 - b. All suspensions will be reviewed by the Recreation Staff in order to determine if further disciplinary action need be taken. All decisions concerning disciplinary actions by the Recreation and Parks Department are final.
 - c. Individuals can be suspended after the game for unsportsmanlike conduct by a game official or recreation staff member.

V. DUTY OF THE COACH AND CERTIFICATION:

- A. It is the duty of the coach to see that the roster and records of his/her team are delivered to the Recreation Athletic Director prior to the first game, so that he may signify that all players are eligible. The official Recreation and Parks Department roster must be used. It is mandatory that this roster be completed in full, and typed: showing the player's name exactly how it appears on his birth certificate with no use of nicknames or other. The player's birth date and complete mailing address must be filled in. Also at this time, birth certificates must be presented to the Athletic Director. If the player's birth certificate is on file from the

previous year, his full name, complete address, and birth date must appear on the roster typed. Asterisk (*) these individuals for last year's season's identifications.

- B. Each parent shall be responsible for seeing that their child is examined by his family doctor before he/she is allowed to play.
- C. The coach shall see that every child has adequate insurance or a signed release from the parents for the child to participate in the Metro Recreation and Parks Youth Basketball Program.
- D. The coach must have his/her team ready to play ten (10) minutes prior to game time.
- E. It is the duty of the coach to make sure that their score sheet is correct before each game, this will avoid any conflicts or technical fouls due to wrong numbers with names.

VI. EQUIPMENT:

- A. Gym shoes must be worn by all players, coaches or anyone connected with the team while on the gym floor. No street shoes of any nature, texture, or design will be allowed on the floor. However, coaches may wear street shoes on the bench.
- B. No jewelry, watches, beads, earrings or other hard items may be worn during games.
- C. The official basketball will be furnished by the Recreation Department for all age groups.
 - a. 6U – 27.5
 - b. 8U, 10U, 12U Boys, 13U Girls – 28.5
 - c. 15U 3v3 – 29.5

VII. OFFICIALS:

- A. All officials will be furnished and assigned by the Basketball Booking Agent.
- B. Officials will have complete control of all games.
- C. After the game has begun, the assigned officials or Recreation Staff will be responsible for discontinuing the game for any reason.
- D. The officials' decision on all calls will be final.

VIII. AWARDS:

- A. Team and individual trophies will be awarded to the tournament champions and runner-up.

IX. TOURNAMENT SEEDING TIE-BREKERS

- A. Seeding will be determined by highest winning percentage; followed by
 - i. Head-to-head record among tied teams; followed by
 - ii. Point differential in games among tied teams only; followed by
 - iii. Sportsmanship season rating by officials/staff; followed by
 - iv. Coin flip
- B. To be eligible for the postseason tournament, a team must obtain an average of 3.0 or higher on their season-long sportsmanship rating.

X. PROJECTED DAYS OF GAMES

- A. 6U – Tuesday
- B. 8U Boys – Thursday
- C. 8U Girls – Thursday
- D. 10U Boys – Monday and Wednesday
- E. 10U Girls – Monday and Wednesday
- F. 12U Boys – Monday and Wednesday
- G. 13U Girls – Monday and Wednesday
- H. 14U Boys – Tuesday

Game days could change based on the number of teams in each division

XI. CHANGES TO THE RULEBOOK

The Mebane Recreation & Parks Department reserves the right to change, add, or remove rules from any age division at any time in the interest of the players and the league.

6U Basketball Rules



Ball: 27.5 (Junior Size) / Hoop Height: 8 ft. / Free Throw Line: 8 ft.

Quarter Length: 8 minutes -- NO SCORE IS KEPT

CLOCK RULES

- Each team receives one timeout (1) timeouts per half. Timeouts do not carry over.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters on any referee whistle.
 - During the last one (1) minute of the game, the clock will stop on any referee whistle.

DEFENSE RULES

- **The ball cannot be stolen from a player with possession of the ball. Possession includes a player holding or dribbling the ball.**
- Defense can only be played up to the three-point line
- Defense cannot be played outside of this line at any point in the game. Players cannot reach across the line to pressure a dribbler and cannot come across the line to steal a loose ball.

PLAYING TIME RULES

- At the halfway point of each quarter, all players who are on the bench must be substituted into the game and play until the end of the quarter.

VIOLATIONS

- This is an instructional league and therefore violations will only be called when excessive and repetitive.
- Ball handlers may only possess the ball for 10 seconds once they enter the three-point arc and are closely guarded. The count does not reset until the player has shot the ball or passed to a teammate. The official will verbally count to 10 so the player knows they must pass or shoot the ball. If a 10 second count is reached, the opposing team will receive possession of the ball.

RULE MODIFICATIONS*

- All shooting fouls will result in the offensive team receiving a free shot from any location determined by the official. The player shooting the free shot will also be determined by the official and can be any offensive player currently on the court. All other players will remain still until the ball hits the rim and then gameplay will resume as normal.

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- One coach may be on the playing court; however, they must remain near the sidelines and outside of the defensive area (three-point line extended). **Assistant coaches must remain seated on the bench.**

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

8U Boys and Girls Basketball Rules



Ball: 28.5 (Intermediate Size) / Hoop Height: 8 ft. / Free Throw Line: 12 ft.

Quarter Length: 8 minutes

CLOCK RULES

- Each team receives two timeouts (2) timeouts per half. Timeouts do not carry over.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters on any referee whistle.
 - During the last one (1) minute of the game, the clock will stop on any referee whistle.

DEFENSE RULES

- Defense can only be played up to the three-point line with the following exception:
 - In the last one (1) minute of the game with **less than a 10-point lead**, teams can defend up to the half court line.
- Defense cannot be played outside of this line at any point in the game. Players cannot reach across the line to pressure a dribbler or steal a pass and cannot come across the line to steal a loose ball.

PLAYING TIME RULES

- At the halfway point of each of the first three quarters, all players who are on the bench must be substituted into the game and play until the end of the quarter.
- The final quarter is free substitution.
- If a team has a lead of 15 points or more **in the 4th quarter**, the two players on their team who have scored the most points in the game must be subbed out of the game at the next legal stoppage. If their lead is reduced to less than 15 points, those players are allowed to return to the game at the next legal stoppage.

FOUL RULES

- Only team fouls will be tracked. There is no limit for individual personal fouls.
- Players will be disqualified from the game if they commit any combination of two flagrant and/or technical fouls.
- Any flagrant or technical foul will result in the opposing team receiving two points and possession of the basketball. (Exception: Double technical fouls called on opposing teams will not result in points. Possession is determined by which team had the ball at the point of interruption.)
- If a coach receives one technical foul, ALL coaches for that team are restricted to the bench for the remainder of the game and are not allowed to stand in the coaches' box. If a coach receives a second technical foul, they must leave the gym.

VIOLATIONS

- All ball handling violations will be called if they occur in the area where defense can legally be played. Outside of the area where defense can legally be played, violations will only be called if they are excessive.

RULE MODIFICATIONS*

- There will not be a jump ball to start the game. The first possession will be awarded to the visiting team at midcourt. An alternating possession arrow will then determine possession for all held balls and start of quarter throw-ins.
- All shooting fouls or bonus situation fouls will result in the offensive team receiving 1 point and the ball out of bounds. If a basket is made on a shooting foul, the basket will count and the offensive team will receive 1 additional point. The opposing team will receive possession of the basketball. This rule is in effect until the last minute of the game. In the final minute of the game, free throws will be shot for any shooting foul or bonus situation instead of the offensive team receiving 1 point and the ball out of bounds.
- The bonus penalty will be in effect on the 5th team foul each quarter. Only defensive and loose-ball fouls count towards a team's limit for the team foul penalty.
- Free throw distance is 12 ft. Players can choose to shoot from the regulation free throw line if they prefer. If a player attempts from the regulation free throw line, they are not allowed to move up to the 12 ft. line on their second attempt of the series.

- On free throws from 12 ft. or closer, non-shooters will line up with the lowest player being below the block.
- On free throws, all players closer to the basket than the shooter may leave once the ball is released. The shooter and any players behind the three-point arc must wait until the ball hits the rim.
- The offense has ten (10) seconds to initiate an offensive play once ball has crossed half court or it will be whistled for a turnover.
- All made field goals will count as two points (No 3-point field goals)
- After a time-out has been called in the backcourt during the last minute of the game, the ball will be inbounded at the frontcourt sideline and must be inbounded into the frontcourt.

OVERTIME RULES (TOURNAMENT ONLY)

- There is no overtime in regular season play.
- Overtime will consist of 2-minute periods following the playing rules of the final minute of the 4th quarter (defense rules, free throws, etc.) until a winner is determined.
- Team fouls carry over from the 4th quarter.
- Teams will receive 1 timeout per overtime period.

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only the head coach may stand during the game; the assistant coach must remain seated.**

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

10U Boys and Girls Basketball Rules



Ball: 28.5 (Intermediate Size) / Hoop Height: 9 ft. / Free Throw Line: 12 ft.

Quarter Length: 8 minutes

CLOCK RULES

- Each team receives two timeouts (2) timeouts per half. Timeouts do not carry over.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters on any referee whistle.
 - During the last one (1) minute of the game, the clock will stop on any referee whistle.

DEFENSE RULES

- Defense can only be played up to midcourt line with the following exception:
 - In the last one (1) minute of the game with less than a 10-point lead, teams can defend the entire length of the court.
- If a team has a lead of 15 points or more, they may not defend outside of the three-point line extension represented by the dashed line at the top of the key.

PLAYING TIME RULES

- At the halfway point of each of the first three quarters, all players who are on the bench must be substituted into the game and play until the end of the quarter.
- The final quarter is free substitution.
- If a team has a lead of 15 points or more **in the 4th quarter**, the two players on their team who have scored the most points in the game must be subbed out of the game at the next legal stoppage. If their lead is reduced to less than 15 points, those players are allowed to return to the game at the next legal stoppage.

FOUL RULES

- Only team fouls will be tracked. There is no limit for individual personal fouls.
- Players will be disqualified from the game if they commit any combination of two flagrant and/or technical fouls.
- Any flagrant or technical foul will result in the opposing team receiving two points and possession of the basketball. (Exception: Double technical fouls called on opposing teams will not result in points. Possession is determined by which team had the ball at the point of interruption.)
- If a coach receives one technical foul, ALL coaches for that team are restricted to the bench for the remainder of the game and are not allowed to stand in the coaches' box. If a coach receives a second technical foul, they must leave the gym.

VIOLATIONS

- All ball handling violations will be called if they occur in the area where defense can legally be played. Outside of the area where defense can legally be played, violations will only be called if they are excessive.

RULE MODIFICATIONS*

- There will not be a jump ball to start the game. The first possession will be awarded to the visiting team at midcourt. An alternating possession arrow will then determine possession for all held balls and start of quarter throw-ins.
- All shooting fouls or bonus situation fouls will result in the offensive team receiving 1 point and the ball out of bounds. If a basket is made on a shooting foul, the basket will count and the offensive team will receive 1 additional point. The opposing team will receive possession of the basketball. This rule is in effect until the last minute of the game. In the final minute of the game, free throws will be shot for any shooting foul or bonus situation instead of the offensive team receiving 1 point and the ball out of bounds.

- The bonus penalty will be in effect on the 5th team foul. Only defensive and loose-ball fouls count towards a team's limit for the team foul penalty.
- Free throw distance is 12 ft. Players can choose to shoot from the regulation free throw line if they prefer. If a player attempts from the regulation free throw line, they are not allowed to move up to the 12 ft. line on their second attempt of the series.
- On free throws from 12 ft. or closer, non-shooters will line up with the lowest player being below the block.
- On free throws, all players closer to the basket than the shooter may leave once the ball is released. The shooter and any players behind the three-point arc must wait until the ball hits the rim.

OVERTIME RULES (TOURNAMENT ONLY)

- There is no overtime in regular season play.
- Overtime will consist of 2-minute periods following the playing rules of the final minute of the 4th quarter (defense rules, free throws, etc.) until a winner is determined.
- Team fouls carry over from the 4th quarter.
- Teams will receive 1 timeout per overtime period.

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only the head coach may stand during the game; the assistant coach must remain seated.**

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

12U Boys and 13U Girls Basketball Rules



Ball: 28.5 (Intermediate Size) / Hoop Height: 10 ft. / Free Throw Line: 15 ft. (regular)

Quarter Length: 8 minutes

CLOCK RULES

- Each team receives two timeouts (2) timeouts per half. Timeouts do not carry over.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters on any referee whistle.
 - During the last one (1) minute of the game, the clock will stop on any referee whistle.

DEFENSE RULES

- Teams can play defense in the backcourt with the following exceptions:
 - Cannot play defense in the backcourt with a lead of 10 points or more
 - Cannot play defense in the backcourt on a dead ball inbounds play or made basket until the last one (1) minute of the game.
- If a team has a lead of 15 points or more, they may not defend outside of the three-point line extension represented by the dashed line at the top of the key.

PLAYING TIME RULES

- At the halfway point of each of the first three quarters, all players who are on the bench must be substituted into the game and play until the end of the quarter.
- The final quarter is free substitution.
- If a team has a lead of 15 points or more **in the 4th quarter**, the two players on their team who have scored the most points in the game must be subbed out of the game at the next legal stoppage. If their lead is reduced to less than 15 points, those players are allowed to return to the game at the next legal stoppage.

FOUL RULES

- Only team fouls will be tracked. There is no limit for individual personal fouls.
- Players will be disqualified from the game if they commit any combination of two flagrant and/or technical fouls.
- Any flagrant or technical foul will result in the opposing team receiving two points and possession of the basketball. (Exception: Double technical fouls called on opposing teams will not result in points. Possession is determined by which team had the ball at the point of interruption.)
- If a coach receives one technical foul, ALL coaches for that team are restricted to the bench for the remainder of the game and are not allowed to stand in the coaches' box. If a coach receives a second technical foul, they must leave the gym.

RULE MODIFICATIONS*

- All shooting fouls or bonus situation fouls will result in the offensive team receiving 1 point and the ball out of bounds. If a basket is made on a shooting foul, the basket will count and the offensive team will receive 1 additional point. The opposing team will receive possession of the basketball. This rule is in effect until the last minute of the game. In the final minute of the game, free throws will be shot for any shooting foul or bonus situation instead of the offensive team receiving 1 point and the ball out of bounds.
- The bonus penalty will be in effect on the 5th team foul. Only defensive and loose-ball fouls count towards a team's limit for the team foul penalty.
- On free throw attempts from the free throw line (15 ft.), non-shooters will line up with the lowest player above the block.
- On free throws, all players closer to the basket than the shooter may leave once the ball is released. The shooter and any players behind the three-point arc must wait until the ball hits the rim.

OVERTIME RULES (TOURNAMENT ONLY)

- There is no overtime in regular season play.
- Overtime will consist of 2-minute periods following the playing rules of the final minute of the 4th quarter (defense rules, free throws, etc.) until a winner is determined.
- Team fouls carry over from the 4th quarter.
- Teams will receive 1 timeout per overtime period.

GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only the head coach may stand during the game; the assistant coach must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials

15U Basketball 3v3 Rules



Game Length

Games will be a maximum of 10 minutes if target score is not reached.

Target Score

Games will be played to 7 points, must win by 2 OR first team to 11.

Scoring

1 point for any made basket inside the three-point arch

2 points for any made basket outside of the three-point arch

1 point for a made free throw

Possession Rules

Team 1 will shoot for possession to start the game from the free throw line. If they make it, they get the ball. If they miss, the opposing team gets the ball.

Teams will alternate possession following a made basket.

Teams must check the ball to the other team before a possession begins and must pass the ball in to start the play.

The ball must be cleared behind the three-point arch on any turnover or missed shots (even if the ball does not hit the rim).

The ball will always be put into play at the top of the key to begin a possession (after scores, out of bounds, or fouls).

Fouls and Violations

Shooting fouls will result in one shot for the player fouled. A made free throw is worth one point.

Missed free throws are live balls just like a regular possession

Non-shooting fouls are not worth points, but the team that was fouled retains possession.

Intentional fouls result in a free throw AND possession of the ball.

All fouls and violations will be called by the court monitor.

Boundary Lines

Games are played half-court. The half-court line is considered out of bounds along with the other boundary lines.

Standings / Team Assignment

Each win counts as 1 point towards each player on the winning team's individual record. If a game ends in a tie, each player will receive ½ of a point towards their record. Teams will be reassigned weekly.