

# Cary Parks, Recreation & Cultural Resources Department

Winter Youth Basketball 2025-26

## Quick Reference Chart

LEAGUE	BALL SIZE (In Inches)	GOAL HEIGHT (In Feet)	MINS (Per Quarter)	MID QUARTER BREAK (For Subs)	FREE THROW LINE (In Feet)	DEFENSE ALLOWED	BACKCOURT DEFENSE ALLOWED	3 PT. FIELD GOAL	OVER-TIME	Jump Ball Start	Score Kept	Standings Kept
Coed 5-6	Compact 28.5"	8'	7 min	At 3 min 30 sec	N/A	Man-to-Man Only No Double Team	NO	NO	NO	NO Home Team takes ball out	NO	NO
Girls 7-8	Compact 28.5"	9'	7 min	At 3 min 30 sec	12'	Man-to-Man Only No Double Team	NO	NO	NO	NO Home Team takes ball out	NO	NO
Girls 9-10	Compact 28.5"	10'	7 min	At 3 min 30 sec	12'	Man-to-Man Only No Double Team	NO	NO	NO	YES	YES	NO
Girls 11-12	Compact 28.5"	10'	7 min	At 3 min 30 sec	12'	ANY	4th Quarter & Overtime Unless ahead by 15	YES	2 min	YES	YES	YES
Girls 13-14	Compact 28.5"	10'	8 min	At 4 min	15'	ANY	All Game Unless ahead by 15	YES	2 min	YES	YES	YES
Girls 15-18	Compact 28.5"	10'	8 min	At 4 min	15'	ANY	All Game Unless ahead by 15	YES	2 min	YES	YES	YES
Boys 7-8	Compact 28.5"	9'	7 min	At 3 min 30 sec	12'	Man-to-Man Only No Double Team	NO	NO	NO	NO Home Team takes ball out	NO	NO
Boys 9-10	Compact 28.5"	10'	7 min	At 3 min 30 sec	12'	Man-to-Man Only No Double Team	NO	NO	NO	YES	YES	NO
Boys 11-12	Compact 28.5"	10'	7 min	At 3 min 30 sec	15'	ANY	4th Quarter & Overtime Unless ahead by 15	YES	2 min	YES	YES	YES
Boys 13-14	Regulation 29.5"	10'	8 min	At 4 min	15'	ANY	All Game Unless ahead by 15	YES	2 min	YES	YES	YES
Boys 15-16	Regulation 29.5"	10'	8 min	At 4 min	15'	ANY	All Game Unless ahead by 15	YES	2 min	YES	YES	YES
Boys 17-18	Regulation 29.5"	10'	8 min	At 4 min	15'	ANY	All Game Unless ahead by 15	YES	2 min	YES	YES	YES

## **Points of Emphasis for Cary Youth League Basketball Games:**

- 1) T-Shirts – If worn, should match the jersey color. However, this is not required. If the t-shirt does not match and is nowhere close to the correct color, the player should be permitted to play, and Town staff should note the discrepancy for league manager to follow up on.
- 2) Prewrap, headbands, compression sleeves and such - NO NCHSAA Application - Differences in colors allowed - local rule
- 3) Strings on shorts - tucked in
- 4) Safety items like casts, jewelry, hair clips - NCHSAA application from the start of the season.
- 5) NCHSAA Sportsmanship Interpretation for foul language - 2 Techs to coach = DQ
- 6) Coaching area in effect - Coaches should not be in the way of the scorer's table, on the court and such. They should remain in their coaching area.
- 7) Language - Zero tolerance on bad language from start of season
- 8) Teams ahead by 15-points may not backcourt press, and must retreat to the other half of the court until the lead drops below 15
- 9) 40-point difference for running clock in effect: Once the score reaches a 40 point differential after halftime, the clock runs continuously, only stopping on timeouts and substitution breaks
- 10) Official should treat mid-quarter substitutions as full, 1-minute timeouts, and should be treated as a team timeout. Officials are to stop play for the mid quarter subs with whistles; staff at table should not have to sound horn. All subs must check in at the table. If they are subbing fewer than 5 players the players staying in the game have to go to the table and check in.
- 11) All timeouts are 60-second timeouts. Table staff and officials should work together to ensure the first horn/whistle does not come before 45 seconds, unless both teams are on the court ready for play. The second horn/whistle should come at 60 seconds.
- 12) Time Outs – team receive 3 time out per game. Teams are allowed 1 time out per overtime period (time outs do not carry over).
- 13) U10 Girls, U12 Girls and U10 Boys – Players will line up above the bottom blocks as normal. Players in these leagues may shoot from the 12' or 15' line. The shooter will not be charged with a lane violation unless they cross the 12' line. Defenders may not make contact with the shooter until the ball hits the rim.
- 14) U10 Girls & Boys coaches may line up players at the beginning of each segment to help match up skill level.
- 15) U10 Girls & U10 Boys- No stealing off the dribble after a 15 point lead is established. (Stealing can resume if lead drops to 5 or less)
- 16) Foul reporting - Use proper mechanics and rotation of positions to ensure the fouls are reported properly