

CHAC BASKETBALL LEAGUE RULES



THE PURPOSE AND GOAL OF OUR LEAGUE

The Colonial Heights Athletic Commission basketball program is designed for each child to learn the fundamentals of the game, a respect for the rules, and the basic ideals of sportsmanship and fair play. The goal is for kids to have fun learning the game of basketball during practice and games, while also inspiring life lessons such as responsibility, teamwork, discipline, self-control, sacrifice, and picking yourself up from failure.

| Division | Date of Birth |
|----------|-------------------|
| 5/6 | 11/2/18 – 11/1/20 |
| 7/8 | 11/2/16 – 11/1/18 |
| 9/10 | 11/2/14 – 11/1/16 |
| 11/12 | 11/2/12 – 11/1/14 |

** The league reserves the right to make exceptions based on circumstances*

5/6 DIVISION

- 27.5 ball size and
- 8 foot goal
- Free throws at the half circle
- No back court defense
- Double-dribble/traveling is only a warning

7/8 DIVISION

- 27.5 ball size
- 9 foot goal
- Free throws at the free throw line
- No back court defense

9/10 DIVISION

- 28.5 ball size
- 10 foot goal
- Free throws at the free throw line
- Back court defense allowed unless up 15 points

11/12 DIVISION

- 28.5 ball size
- 10 foot goal
- Free throws at the free throw line
- Back court defense allowed unless up 15 points

STANDARD LEAGUE RULES

- **All players must play at least 20 minutes**
- 10:00 minute running quarters
- Clock only stops for free throws and time outs
- Two 30 second timeouts per team per half
- One 4:00 minute overtime
- First team to score wins sudden death overtime
- Teams have 5 seconds to inbound the ball and 10 seconds to cross the halfcourt line
- Double bonus occurs at 5 team fouls and resets every quarter
- Players will be disqualified for 5 personal fouls, 2 technical fouls, or 1 flagrant foul
- 5/6 and 7/8 players can enter lane on free throws upon shooter release. 9/10 and 11/12 players must wait for the ball to hit the basket
- Teams must have at least 4 players present at the start of the game to not forfeit