

2026 COATS P&R BOYS 10U BASKETBALL RULES

I. PLAYING RULES

(Any rule not specifically covered will be governed by official High School Basketball Rules.)

A. Basketball Size – intermediate (28.5) size ball

B. Time Clock

1. Four (4) 8 minute halves using a running clock (**clock will stop on the whistle the last 30 seconds of each quarter**). Regulation clock during the last two minutes of the fourth quarter only.
2. **Clock will be stopped on free throws once ball is handed to shooter and will not be started until ball is put back in play.**
3. Half-times will be 3 minutes and the break between quarters will be one minute.
4. Each team is allowed two time-outs per half. The coach or a player on the court may call the time-out. All time-outs are 30 seconds.
5. Overtime periods will be 2 minutes long and a regulation clock will be used.
There will only be one overtime period. Each team will receive one time-out in overtime. (Time-outs from regulation will carry over)

C. No Jewelry.

D. Teams will play with five players on the floor, but a team may start and finish the game with a minimum of four (4) players.

E. A player can commit five personal fouls before being removed from the game.
(Technical fouls for unsportsmanlike conduct will count as personal fouls.)

F. Free Throws

1. Bonus free throws will be awarded on the fifth team foul of each quarter.
(Bonus will be 2 shots.)(Team fouls will reset zero after each quarter)
2. Free throw distance is 12ft.

G. Back Court Defense

1. **Teams may ONLY press in the backcourt during the FINAL MINUTE OF THE 4TH PERIOD AND OVERTIME.**
2. **If a team is leading by 15 or more points, they must play defense inside the 3 point arc.**
3. **If a team is continually warned about pressing Game Official may issue a technical foul on the pressing team.**

H. Goal Height is 9ft.

I. Five seconds in the lane

J. All referees' decisions are final. No protests of referees' calls will be allowed.

K. Three point shots will be allowed. Coaches will be allowed to patrol to sideline and coach the game. Players should only acknowledge their coach, not anyone else.

- III. Coaches are responsible for getting line-ups to the score table at least 5 minutes before game time.

Disciplinary Actions for Technical Fouls and/or Ejections

- IV. Two technical fouls for unsportsmanlike conduct on a player or coach will result in an ejection from the game. A coach, player or spectator ejected from the game must leave the facility immediately. Any coach, player or spectator ejected will be suspended for the remainder of the current game and the next scheduled game.

1st Technical Foul: Coaches – confined to the bench for the remainder of the game.
Players – must sit for 4 consecutive minutes.

2nd Technical Foul: 1 game suspension

3rd and any subsequent Technical Fouls: 3 games suspension

Additional suspension may occur at the discretion of Sarah Goldsmith, Athletic Coordinator.