

2025-26 Youth Basketball Rules – 10U

The goal of the Saint Paul Parks and Recreation Athletic Program is to encourage sportsmanship, teach fundamentals, provide skill development.

In 10U development leagues, there are no standings or playoffs.

Except as modified by the League, the National Federation of High School Association rules for the current year shall be a reference for the official game rules.

1. **GAME FORMAT:** Two-20-minute running halves with a 5-minute halftime.
Clock stops last 2 minutes of each half. **Exception:** If one team is leading by 20 points, there will be no stop time for the last 2 minutes of the half.
No Overtime. Games will result in a tie if scores are even once the game ends.
2. **TIMEOUTS:** Two per half (no carry-over).
3. **ROSTERS:** Must be turned into the MUNICIPAL ATHLETICS OFFICE by the first game.
Players may be added to rosters until the halfway point of the season.
Changes must be submitted to Muni.
4. **BALL SIZE:** 10u – Junior Size (27.5)
Each team will present a game ball to the official who will decide which ball will be used.
Host Sites should also keep one ball for each age group as a backup.
5. **BASKET HEIGHT:** 8 Feet, unless registered for Advanced league, for which rims will be at 10 feet.
6. **TEAM SIZE:** A team consists of 5 players on the court. No team may start or continue a game with less than 4 players. **10 Minute Grace Period** – A forfeit will be declared if a team does not have at least 4 players 10 minutes after start time. If the team shows up within the 10 min., the time remaining on the clock is the time left in the first half.
7. **LATE ENTRY:** A team that starts with 4 players may have a 5th player enter the game during a normal stoppage of play.
8. **COACHING STAFF:** Coaches must be certified by the City of Saint Paul to be on the coaching bench - **maximum of two coaches on the bench at all times.** If a team wants a scorekeeper, they must sit in the spectator area and cannot sit on the bench. Coaches' children, unless they are players on the team, will not be allowed to sit on the bench – no exceptions. Coaches are to remain seated at all times, except as described in the **"Seatbelt Rule"** on separate page.
9. **OFFICIAL SCOREBOOK:** The official working the clock will keep track of the score, personal fouls, team fouls and time outs – this will be the Official Scorebook. It is recommended each team keep a score book of their own as well.

10. **UNIFORM:** Jerseys of similar color with numbers on the back must be worn by all players. It is suggested that teams use reversible jerseys or bring different color pinnies in the event of similar jerseys.

11. **NO JEWELRY** can be worn. **Earrings CAN NOT be taped.** No wrist bands.

Acceptations **Medical Alert** and necessary **Religious** bracelets/necklaces can be worn but must be covered or taped and or worn/pinned or taped under uniform. **No Exceptions.**

12. **HEAD AND HAIR GEAR:**

- No hats or head coverings, unless worn for religious or health reasons. Approved head coverings worn for religious and health reasons shall not be made of abrasive or hard materials; and must fit securely so that it is highly unlikely to come off during play nor flying or flopping around in a manner that it can harm or impair vision of other players.
- Karate-style bands that tie off in the back of the head and hang down are **not** permitted.
- Barrettes, bobby pins or beads in the hair? (see **Hair Adornment Guidelines**).

13. **DEFENSIVE RULES:**

- No Legal Guarding Count (5 seconds).
- No Zone or Double Team Defense (where multiple defenders are guarding the ball).
The intent for the players at the 10U level; is to play one-on-one basketball defensively.
- **No Pressing Allowed** - defensive players MUST retreat below or within the three-point line on their side of the court and can only play defense once the ball crosses half court. Exception: during a fast break play, defenders may play anywhere on the court.
When an official deems a team to intentionally be using an illegal defense, penalty will be assessed as follows:
1st offense: warning **2nd offense:** technical foul
3rd offense and thereafter: 2 points will automatically be awarded to the offensive team; and the offensive team keeps the ball.

14. **OFFENSIVE RULES:**

- No Four Corner Offense. Originally the four-corner offense was designed to run time off the clock. Recently, it has evolved to be used as an offense that takes advantage of a team's best offensive one-on-one player by spreading the floor. This creates a situation that undermines the league goals and MAY NOT BE USED in this program.
- 3-point shots will be counted.
- Free throw line: 12 feet. Players may step over the line on the follow through.
- **Lane Violation occurs after offensive players is in the lane for 5 seconds.** The lane goes from the twelve-foot free throw line to the end line.
The area between the 12-foot free throw line and the normal 15-foot line will not be called.
- When an official deems a team to intentionally be using an illegal offense, penalty will be assessed as follows:
1st offense: warning **2nd offense:** technical foul
3rd offense and thereafter: 2 points will automatically be awarded to the offensive team; and the offensive team keeps the ball.

15. **TECHNICAL FOULS:** All Technical Fouls will result in: Awarding of two points and possession of the ball for the non-offending team. NOTE - A single flagrant foul, the second direct technical foul or the third technical (any combination of direct or indirect) charged to the head coach results in disqualification, the coach is ejected from the game and will be suspended a minimum of one week. No Exceptions.

**See additional explanation on direct/indirect technical fouls on separate page.*

16. **EJECTIONS:** All ejections will result in a minimum of a one-week suspension. Municipal Athletics reserves the right to impose additional penalties/time as warranted based on the severity of each situation. In addition, any unsportsmanlike conduct deemed severe enough by the on-court officials may warrant an automatic ejection.

17. **CHALLENGING INELIGIBLE PLAYERS** (Age or Non-rostered): Coaches will notify the official immediately. The official will have the player sign their name on a card and then the card will be given to the site manager. The youth may continue to play unless they refuse to sign the card. The challenge will be addressed as soon as possible; but may not be resolved the day of the challenge.

18. **CANCELLATION:** Games are played at the discretion of Municipal Athletics staff and Game Officials (referees). Games may be postponed for inclement weather or if the playing surface is deemed unsafe. Weather Hotline (651-558-2118) will be updated by 8am when necessary – afterwards, determination will be made on-site by game officials.

Schedules can be found online at: www.teamsideline.com/stpaul

Municipal Athletics Weather Hotline: 651-558-2118