

2025-26 Youth Basketball Rules – 12U & 14U

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

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.
Overtime: One 2-minute Stop-Time period, with 1 Timeout per team, No carryover from regular play. Games may result in a tie at the end of the overtime period during regular season.
2. **TIMEOUTS:** Two per half (no carry-over).
3. **ROSTERS:** Must be turned into the MUNICIPAL ATHLETICS OFFICE before the first game.
Players may be added to rosters until the halfway point of the season.
Roster changes must be submitted to Muni by sending an updated roster.
4. **BALL SIZE:** 12u Girls & Boys – 28.5 14u Girls – 28.5 14u Boys– 29.5
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:** 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 and or enough players shows up within the 10 mins., the time remaining on the clock is the time left in the first half.
7. **LATE ENTRY:** A team that has to start with 4 players; may have a 5th player enter the game during a normal stoppage of play once they arrive.
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 other than one of the two coaches; the scorekeeper 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 assigned personnel 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:**

- **Full Court Pressing** is allowed until a team is ahead by 15 points (12U & 14U). Once a team is ahead by 15 points; defensive players must drop back to Half-Court and resume playing defense. **Exception** is if the losing team immediately attempts to fastbreak after rebounding; then the defensive team can immediately defend.
- **Half-Court Trap** is allowed until a team is ahead by 20 points (12U & 14U). Once a team is ahead by 20 points; 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** is if the losing team immediately attempts to fastbreak after rebounding; then the defensive team can immediately defend.
- When an official deems a team to be using an illegal defense, penalties 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:**

- 3-point shots will be counted.
- **NO DUNKING.** This means before, during, or after the game, and includes hanging on the rim or net. Player ejection will be AUTOMATIC and will result in a minimum of a one-week suspension. No warnings, no exceptions. If a backboard is broken from someone dunking, the person, team, or center may be responsible for all damages incurred and may be suspended until the matter is resolved.

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 (1) 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.

****Ejections during the end of season/playoff tournament will result in ejection from the rest of the tournament, even after the one-week period has passed.***

17. **HIGH SCHOOL PLAYERS:** B-squad, JV or Varsity players are not permitted in our recreational league. This also includes any and all Middle School players that have been “moved up”.

Players playing on the 9th grade team AND against only other 9th grade teams are eligible to play.

If the 9th grade player plays against anyone that has played B-squad or higher, they are not eligible.

18. **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. Depending on the outcome of findings; a winning team may have results reversed to reflect a loss instead.

19. **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