

Youth Basketball League

2024 – 2025

CARROLLTON YOUTH BASKETBALL PLAYING RULES

The Youth Basketball League will be governed by the playing rules of the University Interscholastic League (UIL) Basketball Rules, Texas Amateur Athletic Federation Youth Basketball Rules, and these following exceptions.

Mission: To teach, develop, organize, and offer youth athletes the opportunity to learn the fundamental skills of basketball in a safe and fun environment while instilling life-lessons and values such as character, teamwork, discipline, respect, and sportsmanship.

Website: www.cityofcarrollton.com/athletics

Email: athletics@cityofcarrollton.com

Phone: 972-466-9837

Playing Segment	Game Length	Size of Ball	Height of Basket	Distance of Free Throw Line
5-6U Coed	Six Min. Qtrs.	Boys and Girls Size 5 27.5	8'6"	10'
7U	Six Min. Qtrs.	Boys and Girls Size 5 27.5	8'6"	13'5
8U	Six Min. Qtrs.	Girls 28.5	8'6"	13.5
9U	Eight Min. Qtrs.	Girls 28.5	10'	13.5
10U	Eight Min. Qtrs.	Girls (28.5)	10'	15'
11U	Eight Min. Qtrs.	Regulation (29.5), Women's (28.5)	10'	15'
12-14U	Eight Min. Qtrs.	Regulation (29.5), Women's (28.5)	10'	15'

PLAYING TIME

- Each game will consist of 4 quarters with a 2-minute half time break.
- The clock will run continuously except for time-outs, shooting fouls, injuries, and the last 2 minutes of each half.

PLAYING REQUIREMENTS

- Each team shall start the game with no less than five (5) players; however, the game may continue with no less than four (4) players.
- The coach is responsible to designate 5 starters for each game and to note these starters on the scoresheet.
- Coaches are expected to fairly distribute playing time in the spirit of a recreational and educational youth basketball league.
- Coaches are free to designate playing time for the 12-14U division.
- Only one (1) coach will be allowed on the court during the game for the 6 and under division.

OVERTIME

- If a game is tied at the end of regulation play, there will be a 2-minute overtime period played. The clock will stop at all dead ball situations during overtime periods.
- If a game is tied at the end of the overtime period, a sudden death overtime will be played until a team scores. (Sudden Death Overtime: First team to score wins)

POINT SPREAD RULE

- If one team is ahead by fifteen (15) or more points during the last two (2) minutes of each half, the clock will remain a running clock, except for time-outs and free throws.
- In all divisions if any team is 15 points or more ahead, no full court defense (press) will be allowed by the leading team. The trailing team may continue to press.

TIMEOUTS

- Teams will be allowed four (4) timeouts per game
- Teams will be given an additional timeout if game goes into overtime
- Remaining timeouts from regulation will carry over into the overtime period

FORFEITS

- A five-minute grace period from the scheduled starting time will be given before a game is forfeited.
- Games will not be rescheduled for a forfeit.
- In all forfeits the score will be recorded as 10-0 in favor of the non-forfeiting team

DEFENSE

Divisions	Full Court Defense	Double-Team/Crowding	Paint Violation
5-6U Coed & 7U	Pressing is not allowed throughout competition *No zone defense will be allowed for the 5-6 & Under division	Double-team/crowding is not allowed throughout the competition	No violation
8U	No pressing except the last minute of each half and during overtime, providing the point spread is not more than (15 or more points)	Allowed throughout the competition at coaches discretion	5 seconds
9U & 10U	No pressing except the last 2 minutes of each half and during overtime, providing the point spread is not more than (15 or more points)	Allowed throughout the competition at coaches discretion	5 seconds
11U	Pressing may be extended full court in the 4 th period and overtime	Allowed throughout the competition at coaches discretion	3 seconds
12-14U	Pressing allowed throughout the competition at the coaches discretion	Allowed throughout the competition at coaches discretion	3 seconds

- Each team shall be issued one warning per half regarding double teaming, crowding, pressing, and set defense. After the first warning a technical foul will be issued to the head coach
 - Technical foul rules will take effect.

FOULS/FREE THROWS

- **Personal Fouls** - Each player is allowed **five (5)** personal fouls per game.
- **Bonus** - Beginning with a team's **seventh (7) personal foul** in each half, the bonus free throw shooting of "one and one" goes into effect.
- Beginning with a team's **tenth (10) personal foul** in each half, the double bonus free throw shooting of two free throws will be awarded for each foul.
- **Free Throws –**
 - All players in marked lane spaces **MUST** wait for the ball to leave the shooters hand before moving into the lane.
 - All players outside the three-point line and the shooter **MUST** wait for the ball to touch the rim before moving into the lane.
 - There will be no free throws after clock time has expired for the regular game or extra period if the outcome of the game will not be affected.

TECHNICAL FOULS

- A technical foul will count towards individual fouls and team fouls.
- The opposite team shall be awarded **two (2) free throws and possession of the ball at half-court.**
- **Direct Technical Foul:** A technical foul charged directly to the head coach or a player.
- **Indirect Technical Foul:** A technical foul charged to bench personnel other than the head coach. The head coach receives a technical foul and he/she must remain seated for the duration of the game.
- Any player or coach receiving two direct technical fouls or three indirect technical fouls during a game shall be automatically ejected from the game and must leave the premises. The Head Coach **MUST** meet with CPARD staff to determine eligibility to continue coaching.
- Any team accumulating three technical fouls (technical fouls assessed for illegal full-court defense/double team will not count towards the three technical fouls) during a game will immediately forfeit the game.
- If any coach is ejected from two games, an automatic suspension from the league will be in effect until the CPARD has reviewed the incidents. The CPARD may impose a suspension for the remainder of the season, if deemed necessary.

UNSPORTSMANLIKE CONDUCT

- A player, coach or spectator can be disqualified or ejected from a game for fighting; disrespectfully addressing an official; using profane or inappropriate language or obscene gestures; disrespectfully addressing, baiting or taunting an opponent; or other behavior deemed to be unsportsmanlike by the officials or CPARD staff.
- **The Head Coach is responsible for the actions of his/her Assistant Coach(es), players, and fans of his/her team.**
- Any player or coach ejected from a game will be suspended for a minimum of one game.
- Officials will report ALL ejections to the scorekeeper. The CPARD may take more severe action as unsportsmanlike conduct **WILL NOT** be tolerated from coaches, players, or fans.
- Remember, part of our mission is to provide a safe and fun learning environment for all participants in the league.

PROTESTS

- Official protests may **ONLY** be filed for violation of the rules and/or regulations, **NOT** on judgment calls made by the officials.
- Games may **NOT** be protested based on the quality of the officiating.
- At the time a head coach determines to protest a game, he/she must immediately notify the official, opposing head coach, and scorekeeper of the protest.
- In addition, both head coaches must sign the scorebook on the appropriate page, indicating knowledge of the protest and the final outcome recorded pending CPARD review.

- Regardless of the protest, games will NOT be replayed. Within 24 hours of completed protested game, a written protest must be filed with the CPARD.
- The letter must cite the rule upon which the protest is based and give a brief summary of what occurred during the game to merit the protest. Both head coaches may be required to attend the protest review.

Possible Actions

Include but are not limited to:

- Warning
- Probation
- Game Suspension
- Season Suspension
- Any Combination of the above
- Permanent revocation of coaching privileges

LEAGUE PARTICIPATION

Rosters

- Team rosters shall consist of no more than ten (10) players, but no less than seven (7) players.
- All players must complete a registration form and free agent players will be assigned to a team.
- Head coaches are allowed to request players to be on their team. Exceptions will be determined on a case-by-case basis but must have approval from CPARD.
- The CPARD is committed to making our best attempt to pair coaches and players, but it is **not** guaranteed. **After the first league game is played no roster changes will be approved unless with prior approval from the CPARD.**

If any information on the player registration form is discovered to be false, it will be dealt with in the following manner:

- If discovered before season starts, the form will be corrected.
- If discovered during the season, player will be ejected from the league and no refund will be issued.
- If the coach has knowledge of it, all games played to date by that team will be forfeited. Any coach having knowledge of the information, and not bringing such information to CPARD will be ejected from the league.
- If discovered during the post-season tournament, the player shall be immediately ejected from the league. If any coach of the team had knowledge of the false information, regardless of when discovered, the entire team will be immediately eliminated from further participation in the post-season tournament.

DIVISIONS OF PLAY

- 5-6U Coed (Mini's)
- 7U
- 8U
- 9U
- 10U
- 11U
- 12U-14U

**Divisions may be combined at the discretion of CPARD.

PLAYING UP

- Players can only play in one age division and on one team. Players will be allowed to play up only one age group with CPARD approval.

PRACTICE

- Practices will be held with a coach each week if gym space is available.
- 5-8-year-olds will practice a max of one hour a week.
- 9-14-year-olds will practice a max of two hours a week.

- If any two coaches request the same day/time/location and refuse to give in; CPARD will make the decision and go off who requested what first and so forth. CPARD will do the best to accommodate everyone, but we have limited space & want to be fair.
- **VIOLATION:** Team in violation will be subject to forfeiting the next game, regardless of reason.
- Players in the 9U -14U divisions are not subject to equal playing time if multiple practices missed or an unexcused absence from practice. Excused: injury, illness, illness or death of family member, and scheduled school or church activities if coach is notified.
- The coach is completely responsible for his/her team during practice, and it is his/her responsibility to ensure the gym is left in the same condition as when the team entered.
 - Failure to do so could result in the forfeiture of practice and/or other disciplinary action. All it takes is for one person to not follow the rules and we run the risk of losing available gym space.

UNIFORMS

- All players should wear gym shorts and must have non-marking or white-soled basketball shoes. CPARD will furnish team jerseys.
- No sweatpants, jeans, and non-athletic shorts are to be worn during the game.
- The HOME team will wear WHITE. The team listed first on the schedule will be designated as the HOME team.
- Any jersey not issued by the CPARD will be deemed as an improper uniform.
- Earrings, metal jewelry, hair clips, or any other body adornment shall not be worn. Earrings may not be bandaged over.
- **Violation of the uniform rule will result in a technical foul** being issued. Each violation shall only be penalized once.