



YOUTH BASKETBALL - RECREATIONAL LEAGUE RULES AND REGULATIONS 11-13 AGE DIVISIONS

A: UNIFORMS

1. Uniforms will be distributed to each registered player.
 - A. Everyone (including head coaches) MUST wear their uniforms to all games.
2. Players are encouraged to wear shorts (although not mandatory) that match the uniform.
3. Athletic/basketball shoes are required. NO black hard-soled shoes are allowed.
4. Only City of Peoria registered players may participate in games and practices.
5. Players with a hard cast cannot participate in practices or games.

B: BALL SIZE AND BASKET HEIGHTS

1. The size of the ball will be:
 - A. 11-13 Girls INTERMEDIATE SIZE (28.5 cm)
 - B. 11-13 Boys OFFICIAL SIZE (29.5 cm)
2. The height of the basket will be set at ten (10) feet (regulation)

C: THE GAME, TIME, AND TIME-OUTS

1. A game will consist of two (2) twenty-four (24) minute, running clock halves.
 - A. The clock will only stop during the last two (2) minutes of the game and for injuries or time-outs.
 - i. Exception: If a team is leading by twenty (20) points at any time during the last two (2) minutes, the clock will continue to run.
2. Each team will receive one (1) time-out per half.
 - A. Time-outs will be limited to thirty (30) seconds in length.
3. Halftime will be three (3) minutes in length.
4. The start of each game will begin with a jump ball.
 - A. All other jump ball situations will be an alternate possession with the team holding the possession arrow taking the ball out-of-bounds at the spot nearest the situation causing the stoppage in play.
5. Teams will switch baskets after halftime.
6. Tie Game (end of regulation)
 - A. The game will end in a tie.
7. *If the point differential goes to above twenty (20) points the score of the game will be taken off the board. If the score of the game falls back to under twenty (20) points the score will be reposted. The clock will continue to be shown while the score is not posted on the scoreboard.*

D: PLAYERS AND SUBSTITUTES

1. Five (5) players constitute a full team on the court.
 - A. A team can play with as few as four players (if needed). If a team falls to less than four players, players from the opposing team can join that team for the remainder of the game, or if the opposing coach is not comfortable with that situation the game can continue with each team playing with the same number of players or one more than the other team who only has three. Ultimately the game can be stopped if nothing can be decided. Every attempt will be made to provide an official game for the player in attendance. Game officials will help guide the situation and have final say about what will be done.
2. Referees will stop the game every six (6) minutes for substitutions. The clock will run during this change over in players.
 - A. Players may only enter the game during the substitution period
 - i. Exception: To replace an injured or sick player.
 - ii. Exception: Teams carrying more than ten (10) players on their roster.
 - B. All players who did not play the prior rotation must enter the game at this time.
 - C. A player should play a minimum of twelve (12) minutes per half.
 - i. If a team has more than 10 players they should be rotated equally.
 - a. Tip: Writing the line-up out prior to the game has been a helpful tool for some coaches in past seasons.

E: LANE VIOLATIONS

1. An *Offensive Lane Violation* occurs when an offensive player is stationary inside the lane for more longer than the allowed time.
 - A. Three (3) seconds

F: DEFENSE

1. Defensive
 - A. Man-to-Man or Zone
2. Change of Possession
 - A. Zone defense may be played at any point beyond half court (including a half court trap).
3. Pressing



- A. Full Court Pressing will be allowed the last two (2) minutes of the game
 - i. A team that is ahead by twenty (20) points or more during the last two (2) minutes of the game will not be allowed to press. If the score of the game falls back to under twenty (20) points the team that is leading will be allowed to press.

G: FOULS

1. Players will be given five (5) personal fouls per game.
2. Upon committing their fifth personal foul a player will be disqualified for the remainder of the game.
 - A. Intentional, Technical and Flagrant fouls will be counted as personal fouls
3. A player/coach who receives two technical fouls during a single game will be ejected and will be suspended for a minimum of one additional game.
 - A. Any additional technical fouls during the remainder of the season by coach/player may subject them to immediate dismissal from a game or the season.
 - B. An intentional foul will be defined as there being no attempt to play the ball.
 - C. A flagrant foul will be defined as a foul with intent to commit harm.
 - D. Any incident will go to the Recreation Coordinator for Youth Sports for further review.

H: FREE THROWS

1. There will be no free throws awarded to any person for the entire first half and the first 22 minutes of the second half.
 - A. On all common fouls, the offended team will be awarded the ball out-of bounds at the spot nearest to where the foul occurred.
 - i. On the SEVENTH team foul of the half, one (1) point will be awarded for every common foul with the team being fouled retaining possession of the ball.
 - a. Exception: Player Control / Offensive Fouls
 - ii. On the TENTH foul, two points will automatically be awarded for every common foul with the team being fouled retaining possession of the ball.
 - a. Exception: Player Control / Offensive Fouls
 - B. When a player is fouled in the act of shooting:
 - i. If the shot is missed his/her team is automatically be awarded one point and the ball out-of-bounds at the nearest point of infraction.
 - ii. If the shot is made the basket will count plus one additional point will be added. The opposing team will then receive the ball out-of-bounds under the basket.
 - C. When a player is fouled in the act of shooting a three (3) point shot:
 - i. If the shot is missed his/her team is automatically awarded two points and the ball out-of-bounds at the point nearest the infraction.
 - ii. If the shot is made the basket will count and one additional point will be added. The opposing team will then receive the ball out-of-bounds under the basket.
 - D. If an intentional, technical or flagrant foul is called, two points will be awarded to the offended team, plus the offended team will receive the ball out-of-bounds.
2. During the final two (2) minutes of the game and overtime:
 - A. On all common fouls, the offended team will be awarded the ball out-of bounds at the spot nearest to where the foul occurred.
 - i. On the SEVENTH team foul of the half, the player being fouled be awarded a one-and-one foul shot situation.
 - a. Exception: Player Control / Offensive Fouls
 - ii. On the TENTH foul, the player being fouled will be awarded the foul shots.
 - a. Exception: Player Control / Offensive Fouls
 - B. When a player is fouled in the act of shooting:
 - i. If the shot is missed, common foul rules will be observed.
 - ii. If the shot is made the basket will count and the player fouled will shoot one additional free throw.
 - C. When a player is fouled in the act of shooting a three (3) point shot:
 - i. If the shot is missed the player fouled will receive three (3) free throws.
 - ii. If the shot is made the basket will count and player fouled will shoot one additional free throw.
 - D. If an intentional, technical or flagrant foul is called, two (2) free throws will be awarded to the offended team, plus the offended team will receive the ball out-of-bounds.

I: SUMMARY OF FOULS

1. Personal Foul
 - A. Foul will be assigned to a specific player (5 fouls max / game / player)
 - B. Offended team will receive ball out of bounds
2. Intentional Foul – Defined as *the player making no attempt to play the ball*
 - A. Foul will be assigned to a specific player (5 fouls max / game / player)
 - B. Two points will automatically be awarded to the offended team, except during the final two minutes of the game; then two (2) free throws will be awarded to the offended team
 - C. Offended team will receive ball out of bounds
3. Technical Foul
 - A. Foul will be assigned to a specific player (5 fouls max / game / player)
 - B. Two points will automatically be awarded to the offended team, except during the final two minutes of the game; then two (2) free throws will be awarded to the offended team
 - C. Offended team will receive ball out of bounds
4. Flagrant Foul – Defined as *a foul with intent to commit harm*
 - A. Foul will be assigned to a specific player (5 fouls max / game / player)



- B. Offending player must sit out of game for 5:00 minutes and may be subject to ejection as decided by the game officials
- C. Two points will automatically be awarded to the offended team, except during the final two minutes of the game; then two (2) free throws will be awarded to the offended team
- D. Offended team will receive ball out of bounds

J: OFFICIAL'S ELASTICITY CLAUSE

The basketball rules in this rule book may not cover all rules/situations that could occur in a City of Peoria youth basketball game. Those rules and situations not covered in this rule book will be governed by commonly accepted basketball rules as understood by the officials.