

ONE GOAL SPORTS: **BASKETBALL RULES BY AGE GROUP**

10-12 Year Olds

I. GENERAL RULES

- 1.01 **League Standings** – There will be NO league standings kept throughout the season.
- 1.02 **Scoring** – Official score will be kept on the score clock.
- 1.03 **Statistics** – Coaches may record game statistics (i.e. rebounds, assists, etc.) for the purpose of positive reinforcement and as a source of encouragement to your players throughout the season.
- 1.04 **Discipline** – You, the coach, are responsible for keeping good discipline with your players on the bench and on the court during a game.
- 1.05 **Injury** - Games will be stopped for a possible injury situation. Depending on the injury, the player may be taken out and replaced with a substitute (see 3.01.1). If blood is involved, then time will be taken to remove all blood from the floor and the player must be removed from the game until the injury is properly wrapped.
- 1.06 **Equipment** – The 10-12 year old children will practice and play on a ten (10) foot goal. The girls will use the women’s size 28.5” ball for practice and games while the boys will use the men’s size 29.5” ball for practice and games.

II. GAMES

- 2.01 **Prayer** - Each game will begin with a prayer led by a referee, coach, or One Goal Staff.
- 2.02 **Game/Quarter Length** - 10-12yr olds will have 4 periods. Each period will consist of 8:00 minutes.
Stoppage – There are only three (3) occasions in which the clock will stop during a game. (1) The clock will stop for an injury timeout. (2) The clock will stop at the end of each 8-minute quarter. The clock will stop for each dead ball (i.e. when the ball goes out of bounds or for a foul) during the last 2-minutes of the game.
- 2.03 **Time-outs** – 10-12 will be given two time-outs for each half to be used at the coach’s discretion. Unused time-outs will not carry over to the second half.
- 2.04 **Match-ups** - All players will be “matched-up” according to size, age, playing ability, and/or position before each period in a way that they understand whom they are defensively responsible for in Man-to-Man defense.

III. SUBSTITUTION

- 3.01 **Substitution Rule** – Players will play at least half of the game (2 quarters).

- 3.01.1 Coaches are responsible for maintaining an equal rotation throughout the entire game so that each player plays an equal amount of time. This responsibility will be placed completely on the coach and may be monitored by the referee. Subs will only be allowed at period breaks or for injury. Players cannot play back-to-back periods unless numbers or injury dictates so.

IV. OFFENSE

- 4.01 **Plays** – There is no mandatory offense for each team, but keys to consider are keeping the floor well spread and applying pick and rolls. This does not mean teaching your players a play that has them starting on the blocks and then flaring out to the wings leaving a one on one situation.
- 4.02 **Holding the ball** – No team is allowed to hold the ball or run the clock down. We want to utilize as much playing time as possible.
- 4.03 **5 Second call** – Once a player has picked up his/her dribble, he/she must pass the ball before 5 seconds elapses.
- 4.04 **Wrong goal** – If a ball is shot into the opposing team's goal, the referee will explain to the player what has happened, count the basket in favor of the other team, and give the ball back to the other team. Example: (Team A shoots the ball in Team B's goal. The goal counts for Team A. Team B gets possession).
- 4.05 **Backcourt** – 10-12yr olds will be given 0:10 seconds to bring the ball across half-court.
- 4.06 **Over and Back** - Once the ball has crossed half-court, it may not be taken back over the half-court line. This results in a back-court violation.
- 4.07 **Scoring** – Official score will be kept on the scoreboard. Please refrain from building your game day rosters to win. PRAISE progress and emphasize sound fundamentals in both wins and losses.
- 4.08 **Free Throws** – Free throws will be awarded for shooting fouls, bonus, and double bonus penalties.
- 4.08.1 All players (on the blocks), during a free throw attempt, must remain still until the ball hits the rim.

V. DEFENSE

- 5.01 **Match-ups** – Coaches and referees should attempt to evenly match players before each period. Each player must guard their assignment the entire period unless the coach tells them otherwise.
- 5.02 **Man-to-Man** – Man-to-man defense is allowed. In the event an offensive player penetrates to the basket, a defensive double and trap may occur to stop forward movement. Defensive players have the option to maintain the double team and trap or return to original man. Offensive players are encouraged to beat legal double teams either by dribbling out of a double team/trap, passing to a teammate, or shooting the ball.
- 5.03 **Zone Defense** – 2-3 Zone is the ONLY zone allowed during games.

- 5.03.1 **Zone** – 10-12 yr old teams playing zone (2-3) will be expected to have a clear knowledge of the assigned positions and the basic principles. Teams are NOT allowed to trap or double team the offense beyond the 3-point line; however, a double team may occur if the offensive player “gets caught” in between zones. One Goal officials have authority to deny a team the right to play zone if they deem it necessary.
- 5.04 **Illegal** - If a team is called for illegal defense, the possession will be awarded back to the offense and the ball will be taken out from the point of the call.
- 5.05 **Double Teams/Trapping** – Double teams are permitted under certain conditions. Only natural double teams are legal (ex. Zone collapsing to stop the ball; Man stops dribble to basket in a man-to-man). Double teams and trapping outside the 3-point line are NOT PERMITTED.
- 5.06 **Defense Pick-up** – In a man-to-man defense, the defense is allowed to pick up the offense once the ball crosses the half court line.
- 5.07 **Full Court Press** – NO full court pressure is permitted at anytime throughout the game or season.

VI. VIOLATIONS

- 6.01 **Turnover** - All turnovers will be called by the referee and will result in a loss of possession. The ball will be thrown in from the nearest point of the turnover.
- 6.01.1 The player is only allowed to use one hand to dribble and must pass or shoot once dribble is stopped.
- 6.01.2 Once both feet are planted on the floor, the player can only use one pivot foot when holding the basketball. Two steps are allowed after pick-up on a lay-up.
- 6.01.3 3-second lane violations WILL be called on an offensive player who has at least one foot in the paint (lane).
- 6.01.4 Coaches must remain in their assigned space throughout the game. Only one coach at a time is allowed to be standing during the game.
- 6.02 **Fouls** - A foul will be called anytime strong contact is initiated by the defense against the offense, or visa versa. This includes reaching in, over the back calls, a foul on a shot, foul on the floor or away from ball, and offensive charges.
- 6.02.1 10-12yr olds will have an official record kept at the scorer’s table. Each player is allowed 5 fouls per game. Players CAN foul out. After 3 fouls in the first half, or 4 fouls in the second half, the coach may substitute a player in order to calm the player down and make him/her aware of the foul situation. They must return to the game to finish the remainder of their assigned playing time in no more than two minutes.
- 6.02.2 After 7 team fouls in a half, the opposing team will shoot 1 free throw and a bonus. After 10 team fouls in a half, the fouled team will shoot 2 free throws.

- 6.03 ***Technical Fouls*** - There should be no need for issuing technical fouls. However, if an official deems it necessary to issue a technical foul due to the un-sportsmanlike conduct of a player or coach toward the opposing team or official, he/she may do so. This will result in one free throw and the ball for the opposing team.

NOTE:

Rules are subject to change.