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# 10U Basketball Rules – 2021-2022

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## 10U Boys Basketball 2021-2022 Rules – Metro League

Ball: 28.5 / Hoop Height: 9ft. / Free Throw Line: 12 ft.

Quarter Length: 8 minutes / Overtime: 2 minutes (2 OT periods maximum – see below)

### CLOCK RULES

- Each team receives two timeouts (2) timeouts per half. They do not carry over. Each team will receive one (1) timeout per overtime period.
- There will be a running clock during game play with the following exceptions:
  - The clock will stop for all free throws
  - The clock will stop in the last 10 seconds of the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> quarters (like a regular game)
  - During the last one (1) minute of the game and overtime, the clock will stop as in a regulation high school game
- Clock will not stop for:
  - The clock will NOT stop for foul calls

### DEFENSE RULES

- Defense can only be played up to midcourt line with the following exception:
  - In the last one (1) minute of the game with less than a 10 point lead, teams can press full court.

### PLAYING TIME RULES

- Around the halfway mark of each quarter, teams will be required to sub their entire bench (up to 5 players). This rule will be in effect for the first 3 quarters. The 4<sup>th</sup> quarter is free sub

### RULE MODIFICATIONS\*

- Free throw distance is 12 ft. Players can choose to shoot from the 15 ft. line if they prefer. If a player attempts from the 15 ft. line, they are not allowed to move up to the 12 ft. line on their second attempt of the series.
- On free throws from 12 ft. or closer, non-shooters will line up with the lowest player being below the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim.
- **Any shooting foul will not result in a clock stoppage, instead the team that is fouled will receive 1 point and the ball back to the nearest end line (baseline/sideline) with the following exception:**
  - The final minute of the game teams will shoot free throws for both the bonus and/or shooting fouls
- There will be NO 1&1 in effect. When a team reaches 7 fouls in the half the fouled team will receive 1 point and the ball; If a team has reached 10+ fouls when free throws are in effect (final minute of the game) then 2 free throws will be shot (double bonus)
- Shooting fouls in which the basket is made will result in an automatic 3 point play. The opposing team will then receive the ball
- The offense has ten (10) seconds to initiate an offensive play once ball has crossed half court or it will be whistled for a turnover. Exception: last one (1) minute of game.
- No rule violations will be called in areas where defense cannot defend
- All made field goals will count as two points (No 3 point field goals)
- After a time-out has been called in the backcourt during the last minute, the ball will be inbounded at the frontcourt sideline and must be inbounded into the frontcourt
- If the score is tied after two overtime periods, teams will shoot free throws to determine the winner. ONLY the five (5) players who were playing at the end of the game are allowed to shoot. Each of the five players will shoot and the team that makes the most will win. If the game remains tied after the five attempts, teams will remain in the same order and continue the process until one team is ahead by one point after the same amount of shooters.

### GAME MANAGEMENT RULES

- Only three (3) coaches are allowed on the bench during a game. One head coach and two assistant coaches.
- **Only the head coach may stand during the game; the assistant coach must remain seated.**
- There will be a ten (10) minute grace period for the first game of each night.

\* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials