



11U Rec Basketball Rules

Ball Size: 28.5

Court Size: Full or Cross Court

Hoop Height: Approximately Ten (10) feet.

Rosters:

- Games will be played 5-on-5.
- Each team will have a maximum of ten (10) players on the roster.
- Rosters, with more than ten players, require approval from the League Coordinator and Head Coach.
- Each player shall play a minimum of 50% of the total playing time.
- All players not playing in the game must be on the team bench. Taunting from the bench may result in a technical foul.
- Players should remain in one area so they can be seen and be given equal playing time.
- Coaches are not allowed on the court.
- No Forfeits. Teams may play with lesser players if necessary, depending on the smallest team size.
- Three coaches are allowed on the sideline during the game.

Equipment and Uniforms:

- An NYS-administered or approved jersey must be worn during the game. All players must be wearing matching jerseys.
- Teams utilizing **NYS jerseys** must follow the following:
 - Home team wears **red**, away team wears **silver**.
- Jerseys should be tucked into shorts.
- Athletic shoes are required. No crocks, flip flops or open toe shoes.
- No jewelry of any type is allowed. Newly pierced ears may be covered with tape or bandage.

Referees/Officials:

- NYS will provide one official for each game.
- All Coaches and spectators, who are watching a game, are prohibited from commenting or questioning a call of the Referee officiating the game. A disruption of this nature may result in disciplinary action upon review by the League Director.
- **FOR COMMENTS ON HOW A REFEREE IS OFFICIATING, TAKE YOUR ISSUES TO THE LEAGUE DIRECTOR.**

Game Duration:

- Each game will consist of four, eight (8)-minute quarters, with a running clock except for timeouts.
- Two (2) 30 second time outs per team, per half.
- There will be a 1-minute break between the first and second quarters and the third and fourth quarters.
- Halftime will be 2 minutes long.

Possession of the Ball:

- A jump ball will start each game.
- Possessions will alternate the rest of the game on all quarter breaks, jump balls, & double fouls.

Substitutions:

- Substitutions are unlimited and may be made at the quarter break. Exceptions will be made for an injured player.

Gameplay:

- Lane violations will be called at five (5) seconds.
- Individual fouls will be officially recorded. A player will foul out of the game if they commit six (6) fouls in a game.
- Team fouls will be officially recorded, resetting each half; however, team fouls from the second half do carry over into overtime, if necessary. Ten (10) team fouls in a half result in a bonus situation (2 free throws for opposing team). **NO** backcourt defense allowed.
- Defense can be man to man or zone.
- Double teaming is allowed in the lane area only and backcourt defense is not allowed. The first violation will receive a warning. Second violation will receive a technical foul.
- Clear-outs are not allowed.
- Stealing is allowed.
- After each basket the opposing team will then inbound the ball from their end line
- Offense must bring the ball across half court within the ten second time limit
- If a player is fouled in the act of shooting and misses the basket, the player will be awarded two free-throws. However, if the basket was made, basket counts, and the player is awarded one free-throw.
- Unsportsmanlike conduct will result in a technical foul and possibly ejection. This includes players on the bench.
- NYS coaches are given the authority to sit a player that is acting unsportsmanlike. The referee must be notified before the game starts.

Scoring:

- Official scores will be kept by an NYS staff member or volunteers from each team.
 - Game time will be kept by either the official or scoreboard clock
- The digital scoreboard will be turned off if a team is up by 30 or more points. However, another staff member/parent volunteer will still be keeping score on the official scoresheet. The digital scoreboard may be turned back on if the game falls within 15 points.
- If a game ends in a tie through four quarters, there will be **OVERTIME**.
 - Overtime is two minutes and the clock stops at every dead ball.
 - Each team has one timeout in overtime. Timeouts do not carry over.
 - There is no double overtime. If the game is tied after the first overtime, it will end in a tie.

Coaches and Spectator Conduct/Responsibilities

- Family members, parents, and spectators are required to observe the contest from designated areas.
- Participants, coaches, parents, and family members must conduct themselves appropriately during gameplay.
- Participants, coaches, parents, and family members will refrain from the use of drugs, tobacco, and alcohol at all NYS facilities. Any use of these items will result in immediate removal from the field.
- Artificial noisemakers, such as, but not limited to, air horns, cowbells, drums, megaphones, car horns, etc., shall not be allowed. Electronic devices used to communicate between the Players and Coaches is not allowed.
- Inappropriate, rude, or confrontational behavior by a coach, player, or spectator may lead to disqualification from the game and possible suspension. These decisions are made at the sole discretion of the NYS League Officials.

RULES SUBJECT TO CHANGE WITHOUT NOTICE