



10u Basketball Rules

Dalton Parks and Recreation basketball strives to provide an opportunity where youth players can learn the fundamentals of the sport, teamwork, sportsmanship, and physical awareness, with player safety as the top priority.

Age Limit

- Players must be 9 or 10 years old as of September 1st of the current year

All coaches, players, and spectators will adhere to the following rules

- Behave properly and show respect to the other team
- Accept all judgement calls made by the officials
- Play to win, but good sportsmanship prevails
- Treat each child equally
- With the exception of the DPRD rules listed below, GRPA and GHSA basketball rules apply

Clock Format and Playing Time

- Four 8-minute running quarters; the last two minutes of the 2nd and 4th quarter will have an operative clock
 - o The clock will stop for timeouts and injuries
 - o If a team is ahead by 20 points in the 4th quarter, the clock will run for the remainder of the game (except for timeouts and injuries); if the losing team gets within 10 points during the last two minutes, the clock will be operative for the remainder of the game
- 3-minute halftime
- There will be a 1-minute break between quarters to allow players to check in with the scorekeeper
- No overtime in regular season games
 - o Overtime will be observed during playoffs and will be 2-minutes with an operative clock
- Teams will get two timeouts per half: one full timeout (60 seconds) and one 30-second timeout
 - o Teams will have one full timeout during the overtime period
- Each player must play 10 minutes per game; this does not have to be consecutive minutes
 - o If a player hasn't played 3 minutes in the first half, they must start the 3rd quarter and play the entire quarter
- Each player must be in the starting lineup for at least half of the games they are eligible for
- In a coach intends to not allow a player to play, they must notify the Athletic Coordinator prior to the start of the game (i.e. not coming to practice, injury, disciplinary reasons)

Rules and Regulations

- Each game will begin with a tip off; possession of each subsequent jump ball will be awarded on an alternating basis
 - o Overtime will start with a tip off
- A team must start with at least four players and the opposing team may start with five
 - o Any player that arrives after the start of the game may enter at a dead ball with no penalty
 - o If a team has less than four players, or drops to below players during the game, the game will be considered a forfeit and they may play a scrimmage
- Coaches should have their team roster and starting lineup in the official scorebook at least five minutes prior to game time
- Free throws will be taken from 15 feet
- Personal and team fouls will be recorded
 - o If a player accumulates five personal fouls during the game, they must leave the game
 - o **The double bonus will be in effect after 5 team fouls and an automatic two free throws**
 - o Team fouls will reset each quarter and for the overtime period
- Goals will be set at 9 feet and a 28.5" basketball will be used
- There will be a 3-second lane violation
- Defense
 - o Man to man or zone defense is allowed
 - o 10u may press the entire game
 - If a team is ahead by 10 points, they must play half-court defense
 - If a team is ahead by 20 points, they must play defense within the three-point arc
 - The defense cannot come out from behind the three-point arc until the other team is within 10 points
 - Only the team that is losing by 10 or more points can full court press

General Rules for Coaches and Spectators

- The first game will begin at 6:15pm (this will be the grace period)
 - o Game times: 6:15pm, 7pm, 8pm
- Coaches are not allowed on the court during the game
- Coaches and players must remain in the designated area on the sideline
- All players should be given the opportunity to learn and play all positions
- Coaches are responsible for the conduct of their players and parents
- DPRD staff have the authority to ask any coaches, players, parents, or spectators to leave the gym if they are violating DPRD's Zero Tolerance Policy
- Coaches and spectators should attempt to keep the ends of the courts clear during the games
- No dribbling basketballs while games are in progress
- No food will be allowed on the player bench; only water will be allowed on the bench
- Any coach who takes their team off the court before the end of a game will be immediately dismissed as coach
- Only two coaches allowed on the bench

- Only one coach can stand during the game
- If the standing coach receives a technical foul, which will result in them having to sit, the second coach cannot stand in their place