

Playing Age	Playing Time	Set Defense	Pressing Defense	Double-Team/Crowding	Stealing from the Dribbler
<p><b>Ages 6u</b></p>	<p>Equal playing time</p> <p>6U- <b>No Player will foul</b> out Will track fouls for team purposes and free throws</p> <p>Team Fouls- Bonus(1 and 1) on 7th Team Foul Per Half, Double Bonus(2 Shots) on 10th Team Foul Per Half</p>	<p>Only player-to-player defense throughout the competition</p>	<p>Pressing is not allowed throughout the competition</p>	<p>Double-team/crowding is not allowed throughout the competition- IN THE PAINT TO THE REFS DISCRETION</p>	<p>Stealing from a dribbler is not allowed throughout the competition</p>
<p><b>Ages 8 &amp; Under</b></p>	<p>Equal playing time in periods 1-3. Coach's discretion in the 4th period and each extra period- Limited to no subbing in first half, unless injury.</p> <p>8U- Player Fouls Out on <b>6th</b> Foul</p> <p>Team Fouls- Bonus(1 and 1) on 7th Team Foul Per Half, Double Bonus(2 Shots) on 10th Team Foul Per Half</p>	<p>Only player-to-player defense throughout the competition</p>	<p>Player-to-player defense may be extended full court in the last MINUTE of the 4th period and each extra period only</p> <p>Leading team may not extend the defense over half court when leading by 15 points or more</p>	<p>Double-team/crowding is not allowed throughout the competition- IN THE PAINT TO THE REFS DISCRETION</p>	<p>Stealing from a dribbler is not allowed throughout the competition</p>
<p><b>Ages 10 &amp; Under</b></p>	<p>Equal playing time in periods 1-3. Coach's discretion in the 4th period and each extra period- Limited to no subbing in first half, unless injury.</p> <p>10U- Player Fouls Out on <b>6th</b> Foul</p> <p>Team Fouls- Bonus(1 and 1) on 7th Team Foul Per Half, Double Bonus(2 Shots) on 10th Team Foul Per Half</p>	<p>Only player-to-player defense throughout the competition in quarters 1-3. In quarter 4 all defenses are allowed(Man, Zone), including full court press. Press has to be man to man in the back court, once in front court all defenses allowed.</p>	<p>Player-to-player defense may be extended full court in the 4th period and each extra period only.</p> <p>Leading team may not extend the defense over half court when leading by 15 points or more</p>	<p>Double-team/crowding is not allowed quarters 1 through 3. IN THE PAINT TO THE REFS DISCRETION.</p> <p>Both will be allowed in the 4th quarter at the coach's discretion..</p>	<p>Stealing allowed at a controlled capacity - referee's discretion</p>

<b>Ages 12 &amp; Under</b>	Coach's discretion throughout the competition  12U- Player Fouls Out on 6th Foul  Team Fouls- Bonus(1 and 1) on 7th Team Foul Per Half, Double Bonus(2 Shots) on 10th Team Foul Per Half	All Defenses allowed throughout the competition at the coach's discretion	Pressing allowed throughout the competition  Leading team may not press when leading by 20 points or more	Allowed throughout the competition at the coach's discretion	Stealing allowed at a controlled capacity - referee's discretion
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## RATIONALE

**Double-Team/Crowding:** Crowding the ball with multiple players (referred to as “double-teaming”) is not allowed for 6u, 8u and 10u due to skill and size discrepancies among children at these ages. Crowding is allowed for 12u & 14u to remain consistent with pressing defense standards.

**Playing Time:** To ensure that all young children participating in the sport have an opportunity to experience the game, equal and fair playing time is recommended for 6u. For 8u & 10u, equal playing time is recommended for periods 1-3, while allowing coaches discretion in the 4th and extra periods. Equal and fair playing time is encouraged throughout all segments.

**Pressing Defense:** Pressing defense is prohibited for 6u to help children develop principles of movement with and without the ball in a half-court setting. For 8u & 10u, permitting player-to-player defense to extend full-court in the 4th and extra periods allows players to become accustomed to full-court defense while not having to understand sophisticated zone presses. It also allows for an introduction to competitive tactics.

**Set Defense:** The player-to-player requirement for 6u, 8u and 10u encourages physical activity and movement, and promotes the development of individual skills related to guarding a player both on and off the ball.

**Stealing from the Dribbler:** At ages 6u & 8u, players are not allowed to steal the ball from an active dribbler. This allows ball-handlers to develop dribbling skills and confidence with the basketball.

**Distance of 3-Point Arc:** For 6-8 year olds, although the 3 point arc may exist on the floor, all baskets made beyond this arc only count as two points. Therefore, the 3 point line is not applicable for these age groups. Eliminating the 3 point basket will encourage players to take shots that are within a developmentally-appropriate range.

<b><u>Ages 6u</u></b>	<b><u>Ages 8u</u></b>	<b><u>Ages 10u</u></b>	<b><u>Ages 12u</u></b>
<b>Ball size:</b> Boys and Girls size 4 (25.5") (8 foot baskets)	<b>Ball size:</b> Boys and Girls size 6 (27.5") (TAFF) Youth Ball (8 foot baskets) size 5 (27.5") preferred non TAFF	<b>Ball size:</b> Boys and Girls size 6 (28.5") Womens Ball (10 foot baskets if applicable)	<b>Girls size 6 (28.5") Boys size 7 (29.5")</b> Womens and Mens Ball
Game Length: Four 8-minute periods: <b><i>RUNNING CLOCK</i></b> - only stops for time outs & at referees discretion. Clock stops in the final minute of the game if the lead is 10 or less. If more than 10 clock runs.	Game Length: Four 8-minute periods: <b><i>RUNNING CLOCK</i></b> - only stops for time outs & at referees discretion. Clock stops in the final minute of the game if the lead is 10 or less. If more than 10 clock runs.	Game Length: Four 10-minute periods: <b><i>RUNNING CLOCK</i></b> - only stops for time outs & at referees discretion. Clock stops in the final 2 minutes of each half if the lead is 10 or less. If more than 10 the clock runs..	Game Length: Four 10-minute periods: <b><i>RUNNING CLOCK</i></b> - only stops for time outs & at referees discretion. Clock stops in the final 2 minutes of each half if the lead is 15 or less. If more than 15 the clock runs.
Time Between: Periods 1 minute/Half Time 2 Minutes	Time Between: Periods 1 minute/Half Time 2 Minutes	Time Between: Periods 1 minute/Half Time 3 Minutes	Time Between: Periods 1 minute Half Time 3 Minutes
Extra Period(s): 2 minutes Overtime- 1 Extra Period- If still tied sudden death	Extra Period(s): 2 minutes Overtime- 1 Extra Period- If still tied sudden death	Extra Period(s): 2 minutes Overtime- 1 Extra Period- If still tied sudden death	Extra Period(s): 2 minutes Overtime- 1 Extra Period- If still tied sudden death
Scoring Free throw: 1 point, all field goals: 2 points, <u>no 3-point field goals/count as 2</u>	Scoring Free throw: 1 point, all field goals: 2 points, <u>no 3-point field goals/count as 2</u>	Free Throw: 1 point, all field goals: 2 points, field goal outside of 3-point arc: 3 points	Free Throw: 1 point, all field goals: 2 points, field goal outside of 3-point arc: 3 points
Timeouts: <ul style="list-style-type: none"> <li>Two 60-second timeouts permitted per half</li> <li>One 60-second timeout granted for each extra period</li> <li>Unused timeouts may not carry over to the next half or into extra periods</li> </ul>	Timeouts: <ul style="list-style-type: none"> <li>Two 60-second timeouts permitted per half</li> <li>One 60-second timeout granted for each extra period</li> <li>Unused timeouts may not carry over to the next half or into extra periods</li> </ul>	Timeouts: <ul style="list-style-type: none"> <li>Two 60-second timeouts permitted per half.</li> <li>One 60-second timeout granted for each extra period</li> <li>Unused timeouts may not carry over to the next half or into extra periods</li> </ul>	Timeouts: <ul style="list-style-type: none"> <li>Two 60-second timeouts permitted per half</li> <li>One 60-second timeout granted for each extra period</li> <li>Unused timeouts may not carry over to the next half or into extra periods</li> </ul>
Equal playing time	Equal playing time in periods 1-3. Coach's discretion in the 4th period and each extra period	Equal playing time in periods 1-3. Coach's discretion in the 4th period and each extra period	Coach's discretion throughout the competition
Set Defense: Only player-to-player defense throughout the competition	Set Defense: Only player-to-player defense throughout the competition	Set Defense: Only player-to-player defense throughout 1-3 quarters. 4th Quarter all defenses allowed.	All Defenses allowed throughout the competition at the coach's discretion
Pressing is not allowed throughout the competition	Player-to-player full court defense may be extended full court in the last minute of the 4th period and each extra period Leading team may not	Player-to-player full court defense may be extended full court in the 4th period and each extra period Leading team may not extend the defense over half	Pressing allowed throughout the competition. Leading team may not press when leading by 20 points or

	extend the defense over half court when leading by 15 points or more	court when leading by 15 points or more	more
Double-team/crowding is not allowed throughout the competition	Double-team/crowding is not allowed throughout the competition	Double-team/crowding is not allowed quarters 1 through 3. Both will be allowed in the 4th quarter at the coach's discretion	Allowed throughout the competition at the coach's discretion
Stealing from a dribbler is not allowed throughout the competition	Stealing from a dribbler is not allowed throughout the competition	Stealing allowed at a controlled capacity - referee's discretion	Stealing allowed at a controlled capacity - referee's discretion

## **DEFINITIONS**

### **Player-to-Player Defense**

- Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball.
- The defensive player must stay on the same side of the court as the offensive player, divided by the rim line.
- If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.

**Pressing Defense:** Defensive guarding, either on or off the ball, within the backcourt.

**Double-Team/Crowding:** Two or more defensive players guarding a single offensive player.

**Free Throw:** 6u - 10 feet; 8u- 12 feet; 10u - 15 feet; 12u - 15 feet