



Hustle G-League - 9U Official Rules and Guidelines

Introduction

Welcome to the Hustle G-League for 9 and under (9U) participants. This document outlines the official rules and guidelines designed to ensure a positive, educational, and enjoyable basketball experience for all involved. Our league emphasizes fun, fundamental skill development, and sportsmanship over competition. We encourage coaches, parents, and spectators to support these values.

League Philosophy

The Hustle G-League is committed to providing a nurturing environment where young athletes can learn the basics of basketball, develop their skills, and foster a love for the game. Our focus is on participation, learning, and enjoyment for all players.

Team Composition

- **Team Size:** Each team will consist of 8-10 players to ensure significant playing time for all participants.

Basketball Rules and Court Specifications:

- **Ball Size:** 28.5" (for both boys and girls)
- **Basket Height:** 9'
- **3-Point Arc Distance:** 19' 9" (Applicable)
- **Free Throw Line Distance:** 15'

Game Structure:

- **Game Length:** Four 8-minute periods with a running clock, except for the last 2 minutes of the 4th quarter where the clock will stop.
- **Time Between Periods:** 1 minute
- **Extra Period(s):** 2-minute overtime periods if needed

Scoring:

- **Free Throw:** 1 point
- **Field Goals:** 2 points



- **3-Point Field Goals:** 3 points

Timeouts:

- **First Half:** Two 60-second timeouts
- **Second Half:** Two 60-second timeouts
- **Extra Periods/Overtime:** One additional 60-second timeout

Start of Game Possession:

- Determined by a jump ball. Alternating possession rules follow for the remainder of the game.

Playing Standards:

- **Playing Time:** Equal playing time for all players.
- **Set Defense:** Only player-to-player defense is allowed throughout the competition.
- **Pressing Defense:** Pressing is allowed only in the last two minutes of the game and overtime.
- **Double-Team/Crowding:** Double-teaming is allowed.
- **Stealing From the Dribbler:** Stealing from a dribbler is allowed.

Foul Rule:

- **Team Fouls:** Teams are allowed up to 5 fouls per quarter. On the 5th foul, the opposing team will enter the double bonus, meaning they will be awarded two free throws for each subsequent foul in that quarter.

Highlighted Game Play Rules:

- **Backcourt Timeline:** 10 seconds
- **Shot Clock:** Not applicable
- **5 Seconds Closely Guarded:** Applicable
- **Clock Stoppage:** Running clock except the last two minutes of the 4th quarter
- **Free-Throw Time:** 10 seconds
- **Number of Players on Free-Throw Lane:**
 - Offense: 2 players, not including the shooter
 - Defense: 3 players
- **Substitutions:** Optional at the 4 minute mark of each period, and always at the end of each period to ensure all players get equal playing time
- **Advancement of Ball After a Timeout:** Applicable in the last two minutes of the game



Playing Time Guidelines:

- **6 players:** Each player plays between 3 and 4 quarters.
- **7 players:** Each player plays between 2 and 3 quarters.
- **8 players:** Each player plays between 2 and 3 quarters.
- **9 players:** Each player plays between 2 and 3 quarters.
- **10 players:** Each player plays 2 quarters.

Definitions and Rationale:

- **Player-to-Player Defense:**
 - Each player guards and moves with one offensive player, following their 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 advances past their defender, another defender may rotate to guard that offensive player.
- **Pressing Defense:** Pressing is allowed only in the last two minutes of the game and overtime.
- **Double-Team/Crowding:** Double-teaming is allowed.
- **Distance of 3-Point Arc:** Baskets made beyond the 3-point arc count as three points, encouraging shooting from range.
- **Distance of Free Throw Line:** Free throws should be taken from 15 feet to develop proper form and increase success.
- **Height of Basket:** A 9' basket allows children to develop proper shooting form and increases shooting success.
- **Scoring:** Field goals are worth two points, and 3-point field goals are worth three points to encourage proper shooting mechanics and form.
- **Size of Ball:** A 28.5" ball is appropriate for children based on their hand size and skill level, allowing for better control and success.
- **Size of Court:** A standard court size allows for better spatial understanding and movement.
- **Start of Game Possession:** A jump ball determines initial possession, followed by alternating possession rules.
- **Timeouts:** Managing timeouts helps with game flow and decision-making.
- **Playing Time:** Equal and fair playing time ensures all children have an opportunity to experience the game.



- **Pressing Defense:** Limited pressing helps children develop principles of movement with and without the ball in a controlled setting.
- **Set Defense:** Player-to-player defense encourages physical activity, movement, and the development of individual guarding skills.
- **Stealing From the Dribbler:** Allowed to promote defensive skills and ball-handling under pressure.
- **Backcourt Timeline:** Enforcing the timeline rule helps in teaching game pace and transition.
- **Clock Stoppage:** Running clock except the last two minutes of the 4th quarter helps manage game flow and end-game strategy.
- **Advancement of the Ball After a Timeout:** Applicable in the last two minutes to emphasize game strategy.