



NATIONAL YOUTH SPORTS RULES

BASKETBALL: 10-11 YEAR-OLDS

Applies to both practices and games.

1. The size of the playing area is full court or crosscourt.
2. The basket height is ten feet.
3. The free-throw line will be fifteen feet from the basket. The player may not land over the line after shooting a free-throw. All other players lined up may not move until the ball hits the rim.
4. The size of the basketball is a compact, 28.5" ball (Intermediate Basketball).
5. The provided NYS jersey must be worn at all times. No exceptions!
6. No forfeits! The game will be played five on five. Each team will have a maximum of ten players on their roster. Any more than ten players has to be approved by the league coordinator and head coach.
7. Each child must play at least half of every game. All players must play in both halves. No player will be allowed to play all four quarters unless the team has less than seven players for the game.
8. Open substitution is allowed on any stop in play. Players must be sitting at the scorers table and noticed by the referee before entering the game. No stalling when substituting. Coaches may restrict play time as they see fit for disciplinary issues.
9. The game will consist of four, eight minute quarters with a running clock except for timeouts and the last two minutes of the fourth quarter when the clock stops for every whistle. There will be two, thirty second timeouts per team per half. Half time will last three minutes with one minute between quarters.
10. Two coaches are allowed on the sideline during the game.
11. A jump ball will start each game.
12. The home team is listed first on the game schedule and is to provide a volunteer scorekeeper. NYS uses regulation scoring with three pointers on courts so marked. Game time will be kept by either the official or scoreboard clock.
13. There is a three second lane violation.
14. Players will foul out on their fifth foul.
15. Defense must be man to man, no zone. The first violation will receive a warning. Second violation will receive a technical foul and one point, plus possession of the ball.



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16. Each team's bench must be seated and cheering positively for their team. Trash talking will result in a technical foul. Each sideline is allowed to have one coach standing. The rest must remain seated during play.
17. Unsportsmanlike conduct will result in a technical foul and player ejection. The opposing team will be awarded two free-throws. This includes players on the bench, coaches and parents
 - a. Any player or coach ejected from a game will receive an automatic one game suspension for the next scheduled game.

Speed Ball Foul Rules:

Shooting Fouls:

1. If the shot is missed his/her team is automatically awarded one (1) point and retains possession of the ball out-of-bounds at the point nearest to the infraction.
2. If the shot is made, the basket will count plus one additional point will be added. The opposing team will receive the ball out of bound under the basket.

Common Fouls

1. On all common fouls, the offended team will be awarded the ball out of bounds at the nearest spot where the foul occurred.
 - a. On the SEVENTH team foul of the quarter (Bonus), one (1) point will be awarded for every common foul and the fouled team will retain possession. (Exception offensive fouls)
 - b. On the TENTH team foul of the quarter (Double Bonus) two points will be awarded for every common foul with the fouled team retaining possession.

Intentional, Technical or Flagrant Fouls

1. If an intentional, technical or flagrant foul is called, two (2) points will be awarded to the offended team plus the offended team will receive the ball out of bounds
 - a. Any coach who receives a technical foul will be removed from the game. The game will not resume until the coach has left the gymnasium. Additionally, that coach will be automatically suspended for next week's game.
 - b. Any coach who receives a second technical foul faces removal from the league.

Speed ball rules are suspended the final two minutes of the second half, where free throws will be shot



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SPORTSMANSHIP/CODE OF CONDUCT

- Shouting of negative comments by any coach or spectator to any opposing player, official, staff member or to the opponent's sideline is strictly prohibited. Any violation will result in a sideline infraction.
- If any person not included in the team roster (coach or player) enters the field of play. The referees and/or site supervisor have the discretion to end the game immediately.

Player Code of Conduct

- I will remember that games are played for fun!
- I will display good sportsmanship ahead of my own personal desire to win.
- I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents and coaches.
- I will show respect to all game officials, coaches, players, and parents and never act in a manner that would be disrespectful toward them.
- I will not use drugs, tobacco or alcohol at any National Youth Sports practice or game and will remind others on my team not to do so.
- I will shake hands with the other team at the conclusion of all games.
- I will shake hands with the officials at the conclusion of all games.
- I will remember that youth sports are played for fun!

Parent Code of Conduct

- I will be a role model for my team demonstrating how to treat other players, parents, officials and coaches with respect at all times.
- I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents and coaches.
- I will show respect to all referees, officials or umpires and never act in a manner that would be disrespectful toward them.
- I will be an encouragement to all players on all teams regardless of the score.
- I will place my child's emotional and physical well being ahead of my own personal desire to win.
- I will volunteer to help my child's team by coaching, officiating, planning team parties, team pictures, and team trophy orders, phone calls and/or other needs.
- I will not use drugs, tobacco or alcohol at any National Youth Sports practices or games and will remind other parents not to do so.
- I will remember that the game is played for the youth and not for the adults.
- I will encourage my child to shake hands with the other team at the conclusion of all games.
- I will encourage my child to shake hands with the officials at the conclusion of all games.

I understand that I and possibly my child will be suspended without warning from the league for any violation of this Parent's Code of Conduct