



## Hustle G-League - 15U Official Rules and Guidelines

**Introduction** Welcome to the Hustle G-League for 15 and under (15U) 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.

For 14 and 15-year-olds in the Hustle G-League, the focus is on mastering advanced basketball skills, enhancing their strategic understanding of the game, and fostering a competitive yet respectful environment. Here are three vital principles to instill in this age group:

1. **Advanced Skill Development:** Continue to develop and refine advanced basketball skills, including advanced dribbling, passing, shooting, and defensive techniques.
2. **Strategic Understanding:** Enhance players' understanding of advanced game strategies, plays, and teamwork to improve their overall basketball IQ.
3. **Competitive Spirit:** Foster a healthy competitive spirit by encouraging teamwork, sportsmanship, and a positive attitude towards competition.

### 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:** 29.5" (for boys), 28.5" (for girls)
- **Basket Height:** 10'
- **3-Point Arc Distance:** 19' 9"
- **Free Throw Line Distance:** 15'

### Game Structure:

- **Game Length:** Four 6-minute periods stop and go clock.



- **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:** Playing time is at the coach's discretion.
- **Defense:** All types of defense are allowed, including zone and player-to-player.
- **Pressing Defense:** Pressing is allowed throughout the game and in 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. After 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
- **Substitutions:** Can occur at any point during the game
- **Advancement of Ball After a Timeout:** Applicable in the last two minutes of the game

### **Playing Time Guidelines:**

- Playing time is at the coach's discretion.

### **Definitions and Rationale:**

- **Defense:**
  - All types of defense, including zone and player-to-player, are allowed.
  - Pressing is allowed throughout the game and in overtime.
  - Double-teaming is allowed.
  - Stealing from a dribbler 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 10' 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 29.5" ball for boys and 28.5" ball for girls is appropriate 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:** Playing time is at the coach's discretion.
- **Pressing Defense:** Pressing helps children develop principles of movement with and without the ball in a competitive setting.
- **Set Defense:** Both zone and player-to-player defense encourage 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 for free throws and 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.