



U10 League

Children's Basketball

Game Format

- Home team coach leads both teams in prayer at center court before every game. This sets the tone and focus for the game. A coin toss or other impartial method will determine first possession. Players and coaches shake hands after the game.
 - Games consist of two 18-minute halves and an eight-minute halftime. This keeps games to approximately a 45-minute time frame.
 - The clock stops every six minutes for predetermined substitutions. This time should not be treated as a timeout. This allows coaches to match up players without wasting valuable game time. The clock will not stop for any foul.
 - No timeouts are used in Colonial basketball. This allows more playing time and keeps games on time.
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Game Format

- At the end of each six-minute segment, the team that receives the ball next is based upon the direction of the possession arrow.
 - Teams switch goals at halftime.
 - Any games ending in a tie will remain a tie. This helps keep games on schedule.
 - No league standings are maintained in any league. We believe by posting the standings we undermine the recreational nature of our program.
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Game Format

- Coaches are allowed to walk their half of the sidelines and encourage their players without stepping in the playing area. The focus here is to instruct and encourage players at all times.
 - All coaches will adhere to the provided substitution spreadsheet. The substitution spreadsheet allows for equal playing time for all players throughout the season.
 - Players will NOT wear colored bands that reflect their skill level.
 - A 28.5” basketball will be used for this age division.
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Rules for Game Play

1. Man-to-man defense will be played at all times. Zone defenses are not allowed. In most cases, players are guarding the opponent that closely matches ability and height, creating a more competitive system for all on the court.
 2. Defensive players are allowed to play help defense. They are *not* required to stay within an arms length, but may not deliberately double team.
 3. Defensive players may not guard their man until they have crossed half court (no full-court press).
 4. Stealing is allowed.
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Rules for Game Play

5. Double teaming is not allowed. However, help defense is strongly encouraged in the following instances:
 - **Offensive Picks and Screens** – Defensive switching is allowed on offensive picks and screens. The non-screened defender can help his or her teammate by temporarily switching until the teammate recovers to defend his or her offensive player. This is commonly referred to as “help and recover”.
 - **Fast Breaks** – During any fast break (when the team that gains possession pushes quickly into the opponent’s end of the court), another defensive player not assigned to the ball handler may help in order to slow or stop the fast break. Upon stopping the fast break, defenders should return to guarding their assigned players.
 - **Lane Area** – If a defender is in the lane, the defender is allowed to provide help defense.
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Rules for Game Play

6. At the beginning of each six-minute segment, both coaches should line up the players at mid-court and match them up by ability without giving verbal cues. This act is performed to promote equal player match-ups. If both coaches foresee a match-up problem due to position and height, players can be shuffled around to create a better game situation.

 7. Backcourt violation (10 seconds) will be called in the U10 age divisions and higher.

 8. If the offense must retrieve a deflected ball in the back-court, the players will have 5 seconds to get back across half-court.
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Rules for Game Play

9. The offense must purposefully attack the defense in every situation – no stalling. After a warning from the referee, a violation will be called resulting in a turnover.

 10. When possible, referees are encouraged to advise players of potential violations and explain called violations.
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Rules for Game Play

11. Technical fouls can, and will be called when necessary. Players, coaches, and fans are all able to receive a technical foul for their team. Any profanity will result in a double technical (ejection).

 12. No score will be given for a basket in the wrong goal. It will be treated as a turnover. This will prevent further embarrassing a player for making this mistake.
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Rules for Game Play

13. A player committing two fouls in one six-minute segment must sit out the remainder of that segment. The next player in the rotation comes in as the substitute. This does not change the normal rotation, because the fouled-out player does not come back into the game until scheduled to do so. The player who comes in as a substitute gains extra playing time. This extra time does not affect the predetermined substitution system.
 14. Non-shooting fouls result in the ball being taken out on the side by the offended team (no bonus rule). All shooting fouls result in free throws. The clock does not stop for free throws.
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Rules for Play

15. The game clock runs continuously, with the following rules going into effect when fewer than two minutes remain in the game:
- Non-shooting fouls result in the offensive team getting one point and the ball.
 - Shooting fouls result in the offensive team scoring two points. The opposing team then takes possession.
 - Players fouled in the act of shooting and making the basket are credited with the basket plus one point. The opposing team then takes possession.

These rules exist because, with less than two minutes remaining, time may be wasted lining up players for free throws. This keeps the game moving while allowing all players more time to equally contribute.
