



U14 League

Rules and Procedures:
Children's Basketball

Game Format

- Referees or 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.
 - A 28.5” basketball will be used for this age division.
 - 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
 - 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.
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Rules for Game Play

1. U14 teams must play man-to-man defense. Zone defense will not be allowed. No bands are used to determine matchups.
 2. Double teaming is not allowed in the U14 leagues.
 3. Full-court presses are not allowed. Defensive players may not guard their opponents in the backcourt. The defense can defend the ball-handler at half court but cannot trap.
 4. Players will have 10 seconds to bring the ball across mid-court.
 5. If the ball is deflected into the back-court, the offensive team shall be granted 5 seconds to bring the ball back across mid-court.
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Rules for Game Play

6. Referees will call and explain all violations. This is done because referees serve as “on the floor coaches” teaching players what is and is not acceptable on the court. The detail of explanations will vary according to the age group and understanding of the players and should decrease as the season progresses.
 7. When possible, referees are encouraged to advise players of potential violations before the violation occurs. Doing this often prevents a violation from occurring.
 8. Offense will be called for stalling after 5 seconds with a defensive presence. It will result in a turnover for the offense.
 9. 3 point shots and 3 point plays will be counted as such.
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Rules for Game Play

10. If a shooting foul is called, players must line up on either side of the lane. They may go for the ball once the ball has left the shooter's hand.
 11. A 3 second lane violation will be called on the offense (for spending 3 seconds or more in the lane without the ball) and treated as a turnover.
 12. 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).
 13. Technical fouls will result in two free throws and possession of the ball for the opposing team.
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Rules for Game Play

14. A player will 'foul out' if he or she commits five fouls in one game.
 15. Non-shooting fouls result in the ball being taken out on the side closest to the foul. All shooting fouls result in free throws.
 16. If a team fouls 7 times in a half, they will enter bonus. The opposing team will shoot one and one for non-shooting fouls. Shooting fouls will get two throws on the miss and one on the make. If a team fouls 10 times in one half, they will enter a double bonus. Every foul then results in two free throws. A made basket will only receive one free throw.
 17. In the last two minutes of the game, the clock will stop for shooting fouls but will continue in all other situations.
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