



## Youth Basketball

Wellington Recreation modifications to the National Federation of High Schools Basketball rules. Visit [www.nfhs.org](http://www.nfhs.org) to purchase a rulebook.

### Purpose

The purpose of the league run by Wellington Recreation is to provide kids with the opportunity for learning and fun in a safe environment. Friendly competition and sportsmanship will be emphasized. Our main goal is for all participants (players, coaches, parents, etc.) to have fun while building athletic, team, and social skills.

1. Rosters:
  - a. All ages will play 5v5.
  - b. Only players registered through Wellington Recreation are eligible to play.
  - c. Participants will be divided into teams randomly.
  - d. Never tell a parent or child there is room on a team.
  - e. Direct all interested parties to contact the Recreation Office to inquire about participation.
2. Start of Game:
  - a. All leagues will start each game with a jump ball then possession determined by possession arrow.
3. Timing:
  - a. All 10U games consist of four (4) eight (8) minute quarters using a running clock.
    - i. There is a one (1) minute break between quarter one (1) and two (2), and between quarter three (3) and four (4).
    - ii. Half time is three (3) minutes between quarter two (2) and four (4).
  - b. All 12U games consist of four (4) ten (10) minute quarters using a running clock.
    - i. There is a one (1) minute break between quarter one (1) and two (2), and between quarter three (3) and four (4).
    - ii. Half time is three (3) minutes between quarter two (2) and four (4).
4. Clock:
  - a. The clock is a running clock and only stops for timeouts and player injuries.
5. Ball Size:
  - a. 10U will use 25.5" or a youth sized ball and the rim is 8'.
  - b. 12U will use 27.5" and the rim is regulation (10').
6. Time-Outs:
  - a. Each team will be allowed one timeout during the first half (quarters one (1) and two (2)) and another timeout in the second half (quarters three (3) and four (4)).
  - b. Timeouts cannot be carried over from the first half into the second half.
  - c. Any player on the court may call a timeout or any coach.
  - d. Timeouts are no more than 30 seconds.



7. Full Court Press:
  - a. A full court press is not allowed.
  - b. 10U: Defense must drop behind the free throw line.
  - c. 12U: Defense must drop behind the top of the 3-point line.
  - d. First violation results in a warning.
  - e. Second violation results in a team technical foul. The other team shoots one free throw and is awarded possession of the ball after the free throw is taken.
8. Zone Defense:
  - a. All ages must play player-to-player defense.
  - b. Switching players is allowed only in 12U.
  - c. No double teaming allowed for 10U.
  - d. Double teaming is allowed for 12U inside of the “paint” of the key.
  - e. First violation results in a warning.
  - f. Second Violation results in a team technical foul. The other team shoots one free throw and is awarded possession of the ball after the free throw is taken.
9. Defense:
  - a. 10U: No stealing the ball in any of the following ways:
    - i. On the dribble
    - ii. Attempting to pass the ball
    - iii. The ball is going directly to another player on a pass.
  - b. 12U: No stealing restrictions.
10. Three Pointer:
  - a. There are no three (3) point baskets.
11. Lane Violation:
  - a. 10U: No lane violation will be enforced.
  - b. 12U: Lane violations are enforced after 5 seconds.
12. Fouls:
  - a. No foul count will be kept.
  - b. Free throw awarded for shooting fouls only.
  - c. If a basket is made and a foul is committed, the basket will count, and one (1) free throw will be awarded.
  - d. If the basket is not made and a foul is committed, two (2) free throws will be awarded.
  - e. Officials may ask players who repeatedly foul to sit for a minimum of five (5) minutes.
13. Technical Foul – Players:
  - a. Technical fouls may be called for poor sportsmanship.
    - i. If a player is given a technical foul for sportsmanship, they must sit out for the next five (5) minutes immediately following the foul.
    - ii. Any player ejected from a game will not be able to play in the next scheduled game. This does not excuse a player from practice the following week. Players **MUST** follow their regular schedule.
    - iii. The non-offending team will be rewarded the ball on the side of the court nearest the foul.

14. Technical Foul – Coaches:

- a. If a coach receives two technical fouls during a game the coach will be ejected and suspended from the next game.
- b. Three technical fouls in a season will result in automatic ejection from the program.
- c. The gym supervisor also has the ability to remove a coach for unruly behavior.
- d. Technical fouls by coaches also result in awarding the non-offending team the ball on their side of the court.
- e. Coaches can receive technical fouls for poor sportsmanship.

15. Substitutions:

- a. Substitutes can enter the game during a dead ball situation.
- b. Coaches should substitute players regularly.

16. No Forfeits:

- a. The gym supervisor will handle any situations involving insufficient players. Games may be modified to accommodate the number of players present.

17. Making the Call:

- a. Officials are responsible, after making a call, to explain the infraction to the player if the player does not understand the call.

18. Protest:

- a. No protests will be allowed. The gym supervisor or the recreation supervisor in charge of the program will handle any questions or disputes.

19. Required Playing Time:

- a. Any player that has attended regular practices must play at least half of the game.
- b. Every player must start at least half of the games.
- c. The gym supervisor or the recreation supervisor will handle any questions or disputes on this matter.
- d. A coach will notify the gym or recreation supervisor when a player is not going to play half the game and the reason why.

20. Required Attire:

- a. No jewelry allowed. Exceptions will be made for medical ID bracelets which must be taped and approved by the referee or official.
- b. All players must wear the required blue and white reversible jersey which may be purchased from Wellington Recreation.
- c. Gym shorts, sweatpants, or warm-up pants are recommended.
- d. No players will be allowed on the gym floor without tennis or basketball shoes of some type.
- e. Mouth guards are not required but are highly recommended.
- f. The gym supervisor will make any decision on proper attire and their decision will be final.

21. Spectators:

- a. A parent or fan that is loud, obnoxious, or disrupts the game will be asked to leave the premises. Anyone asked to leave must do so immediately and quietly.



22. Coach and Player Seating:
  - a. Players sit on opposite side of the parents.
23. Free Throws:
  - a. Taken from the regulation 15-foot free throw line.
  - b. All players must remain outside of the paint until the ball hits either the rim, backboard, or the basket.
24. All Other Rules:
  - a. The current National High School Federation (NFHS) rulebook will apply to all other situations not listed above.

**Coach Reminder** – If you are playing in a school district gym, please let the parents and players know that everyone in the building for practices and game should be in the gym only. Kids and adults are not to be out in other areas of the building. Discourage players from bringing their brothers and sisters to practice. Please start and end your team’s practices on schedule.

**Miscellaneous:**

- Parents and spectators are encouraged to retrieve balls that go out of play in order to restart game quickly.
- All players have a right to play every game and an equal amount of time if they have attended regular practices.
- Playing Conditions: Field Supervisor will determine if games will or will not be played. Game will be called when there is a safety concern.
- Opposing coaches and players should shake hands after each game.
- The Recreation Staff will make every effort to reschedule missed games. Make up games may not be played at the same time or days as regularly scheduled games.
- Participation awards, when given, must be given to ALL players.
- Parents, coaches, non-playing players, and spectators should be there to enjoy and encourage the activity of the youngsters.
- All coaches and officials are volunteers and as such are not employees of the Town of Wellington.
- No alcoholic beverages or tobacco products will be allowed or used in the parks during games or practices.
- Foul language will not be tolerated by fans, participants, or coaches. All adults need to remember they are role models and need to be positive in their words and actions.
- A parent or fan that is loud, obnoxious, or disrupts the event will be asked to leave the premises and will be expected to comply immediately.



- Elastic Clause: The League Director has complete charge of the Youth Sports League. Any and all situations not specifically covered by these rules are acted upon by the League Director and all actions by the League Director are final.
- The League Director reserves the right to change or amend any of the rules or regulations contained in this manual. Any questions concerning Youth Sports should be directed to:

Wellington Recreation  
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Wellington, CO 80549  
(970) 568-7410  
[recreation@wellingtoncolorado.gov](mailto:recreation@wellingtoncolorado.gov)