

LOCAL RULES FOR UNION COUNTY BASKETBALL FOR BOYS & GIRLS

(EFFECTIVE 2023-24 SEASON)

7U CO-ED and 8U GIRLS

1. BASKETBALL SIZE:
 - SIZE (27.5" CIRCUMFERENCE)
2. 10 MINUTE QUARTERS.
3. FOUL LINES AT 9 FEET.
4. 8 FOOT GOALS.
5. 5 SECONDS IN LANE.
6. ONE PLAYER CAN PRESS HALF COURT IN QUARTERS 1-3.
7. TWO PLAYERS CAN PRESS FULL COURT ONLY IN 4TH QUARTER AND OVERTIME.
8. DEFENSE WILL NOT LEAVE THE ZONE. (ZONE IS INSIDE THE 3 POINT AREA). IF A SECOND DEFENSIVE PLAYER (THIRD IN FOURTH QUARTER) ILLEGALLY LEAVES THE ZONE, THE OFFENSE WILL RETAIN POSSESSION OF THE BALL. EACH TEAM WILL RECEIVE TWO WARNINGS PER HALF. A THIRD VIOLATION WILL RESULT IN A TECHNICAL FOUL GIVEN TO THE BENCH.
9. A SECOND DEFENSIVE PLAYER MAY LEAP FROM THE ZONE TO BLOCK A SHOT OR A PASS BUT MUST IMMEDIATELY RETREAT BACK TO THE ZONE.

9U CO-ED and 10U GIRLS

1. BASKETBALL SIZE:
 - SIZE (28.5" CIRCUMFERENCE)
2. 10 MINUTE QUARTERS.
3. 9 FOOT GOALS.
4. FOUL SHOTS AT 11 FEET.
5. TWO PLAYERS CAN PRESS HALF COURT IN QUARTERS 1-3.
6. TWO PLAYERS CAN PRESS FULL COURT ONLY IN 4TH QUARTER AND OVERTIME
8. DEFENSE WILL NOT LEAVE THE ZONE. (ZONE IS INSIDE THE 3 POINT AREA). IF A THIRD DEFENSIVE PLAYER ILLEGALLY LEAVES THE ZONE, THE OFFENSE WILL RETAIN POSSESSION OF THE BALL. EACH TEAM WILL RECEIVE TWO WARNINGS PER HALF. A THIRD VIOLATION WILL RESULT IN A TECHNICAL FOUL GIVEN TO THE BENCH.
9. A THIRD DEFENSIVE PLAYER MAY LEAP FROM THE ZONE TO BLOCK A SHOT OR A PASS BUT MUST IMMEDIATELY RETREAT BACK TO THE ZONE.

11U CO-ED and 13U GIRLS

1. BASKETBALL SIZE:
 - SIZE (28.5" CIRCUMFERENCE)
2. 10 MINUTE QUARTERS.
3. FOUL SHOTS AT FOUL LINE FOR COED. FOUL SHOTS AT 11 FEET FOR GIRLS.
4. 10 FOOT GOALS.
5. MAY PRESS WHOLE GAME.

13U /15U / 18U CO-ED

1. BASKETBALL SIZE:
 - REGULATION
2. 10 MINUTE QUARTERS.

ELIGIBILITY REQUIREMENTS:

1. **AGE DETERMINATION:** EACH COMMISSIONER REPRESENTING THEIR ASSOCIATION WILL BE RESPONSIBLE FOR DETERMINING ELIGIBILITY BASED ON A **08/31** DATE OF BIRTH IN EACH AGE GROUP.
2. ANYONE PLAYING JV OR VARSITY HIGH SCHOOL (GIRLS OR BOYS) BASKETBALL WILL **NOT** BE ALLOWED TO PLAY REC LEAGUE BASKETBALL OR PARTICIPATE IN ALL-STAR PLAY!!

GENERAL RULES:

1. Time Outs – 2 per half only. Coach may call time out from the bench.
2. Technical Fouls – Players: 2 per game; Coaches: 2 per game
3. If a coach/player is ejected from the game, for any reason, he / she must leave the gym immediately. Also they may not be present for the teams next game.
4. Clock:
 - a. (4) ten minute quarters. Running clock except for last 2 minutes of game.
 - b. 1 minute between quarters
 - c. 3 minutes for half-time
 - d. Overtime = 2 minute game clock (Clock stops on whistle and timeouts)
 - e. Clock will not stop the last (2) two minutes of game if a team is leading by 20 points or more for the duration of the game, even if the losing team pulls within 20 points at any time.
5. Playing Time for regular season: At approximately the 5 minute mark for the first three quarters the referee will stop play at the first dead ball **or** non-scoring play / fast break by either team. This could occur around the 15 second mark before or after the halfway point of a quarter. **ALL** players on the bench must enter the game and play the **ENTIRE** 2nd half of that quarter. This is not a time-out and play must resume immediately. The team with possession at play stoppage will take the ball out at direction of referee.
6. **NO SUBSTITUTIONS MAY BE MADE IN THE 1ST HALF OF THE FIRST THREE (3) QUARTERS**, but players who played the 1st half of the quarter may be substituted in the second half of the quarter. In the 4th quarter, coaches may substitute players at will. Exceptions will be granted if player has a pre-determined medical condition or is injured during the game and is unable to play.
7. An official timekeeper will be present at each game to assure the minimum playing time is met for each player.
8. If a player is injured or sick, their coach must notify the officials and the opposing coach and the official timekeeper.
9. A coach may suspend a player due to: (1) not coming to practice on a continual basis, (2) disciplinary actions. (Coaches must notify their Commissioner at least 24 hours prior to a game. The Commissioner may approve or disapprove the suspension. The opposing Commissioner and opposing coach should be notified prior to the game.)
10. Players arriving late: Coach has the option to play that player immediately (staying within the playing rule guidelines) or hold player on the bench until the beginning of the next quarter. Players arriving after half time, coach has the option of playing the player or not. No technical will be awarded for players arriving late.
11. No dunking allowed, including during warm-ups. Penalty will be a technical foul.
12. Starting Time: All games will start at the scheduled time if 4 or more players are present. If a team has fewer than 4 players at the start time, that team will forfeit the game. If a coach is not available at game time, the team's association will provide a coach. There is no grace period.
13. If a team has a 20 point lead or more, that team must stay within the three point line when on defense and clock will not stop last two minutes of game.

14. **Coaching:** A maximum of two (2) coaches are allowed on the bench during game. Exception will be allowed only for 7U & 9U Coed and 8U & 10U Girls will allow 3 coaches. Only one coach is allowed to stand at any time during play. All other coaches are required to stay seated during game play. If more than one coach is standing at any given time a technical foul will be issued to the bench.
15. No coach shall ever leave the coach's box and walk onto the court while the game is being played. Any coach outside of the coaching box will be issued a technical foul. Two technical fouls issued and the coach will be ejected from the game and suspended the next regular season or tournament game. Any coach using profane language in any manner, taunting an opponent, or touching a referee in any manner will immediately be issued two technical fouls and removed from the gym / game.
16. Each association will be in charge of acquiring two officials for all regular season and end of season tournament games. Both officials must be at least 18 years of age and must have been through a basketball referee training course or be NCHSAA certified. All officials must be in official referee uniform, have approved Fox (40) whistle in order to start a game. If a commissioner can verify that the second referee is in route and just running late (no more than 10 minutes out), then the game can start at scheduled time with that approval from both head coaches. If the regular season game is unable to be played due to lack of officiating then either the game will be rescheduled at visitors preference or forfeited by home team.
17. All other playing rules not listed will be followed according to the North Carolina High School Basketball Rules.

ALL-STAR RULES (EXCEPTIONS):

18. During the All-Star tournament, a player is **not** required to make an appearance.
19. Each team will roster a maximum of ten (10) players and two (2) coaches unless agreed upon prior to the start of the tournament. At least three basketball commissioners must agree to allow an additional player or coach for a specific team. This should only be allowed in unique or unusual circumstances and a rarity.
20. A player participating on multiple All-Star teams must be a part of both 10 man rostered teams prior to the start of All-Stars, but must be different age groups.
21. DOB: All allstar rosters will be turned prior to the start of All-Star week and each commissioner representing their association will be responsible for determining eligibility based on a 08/31 date of birth in their respective age groups.
22. Clock:
 - (4) ten minute quarters. Running clock except for last 2 minutes of game.
 - 1 minute between quarters
 - 3 minutes for half-time
 - Overtime = 2 minute game clock (Clock stops on whistle and timeouts)