

Youth Basketball Rules



- Facility Rules

1. All Children must be accompanied by their parent and/or guardian while they are participating in the Youth Basketball/Cheerleading Program (this includes: practices, clinics and games).
2. No child is allowed on the fitness floor, cardio floor, track, group exercise rooms, or locker rooms UNLESS you are a member of the Indianapolis Healthplex and MUST be accompanied by an adult (there are restrooms and family changing rooms located in the front of the building for easy access).

- Gameplay Rules

1. Game Length

- Each game will consist of four 8-minute quarters with a running clock. There will be 1 minute in between each quarter with a 3 minute half time.
- The clock will only stop at the end of each quarter, half time, or when a fouled is called by the referee (9 + year olds only).

2. Scoring

- Scoring will NOT be kept for teams participating in the 5 – 6 year old age group.
- Traditional scoring will be kept for teams participating in the 7 – 11 year old age group.

3. Fouls

- Officials want to avoid injury to young kids, and they discourage rough play by blowing their whistles at the smallest physical contact. Even though basketball is considered a contact sport, young players are not big enough, strong enough, or mature enough to handle the kind of contact that occurs at higher competitive levels.
 - A player fouls out of the game when he's called for a 5th personal foul.
 - Penalty free throws are awarded on the 7th team foul during each half.
 - If a team commits 10 personal fouls in a half, the opposing team is awarded an automatic 2 free throws on each subsequent foul.
 - Technical fouls count as a personal foul, a technical foul, and a team foul.
 - All technical fouls result in 2 shots and possession of the ball in bounds.
 - If a player or coach receives 2 technical fouls in any one game, they're ejected from the game and must leave the gym immediately.

4. Free Throws

- The free throw distance for young players (5 – 6 years old) is flexible. Coaches should have players shoot from the maximum distance at which they can shoot a free throw with good form.
- The free throw distance for older players (7+ years old) can be shot from the 15-foot regulation line OR 2 feet closer (13 feet).

5. Defense

- Man –to-man defense ONLY. This to teach the players the basic skills or individual and team defense. At the beginning of each quarter, the teams will line up facing each other at half court and identify the players they will be matched up against.
- Stealing the ball and/or shot blocking is NOT allowed. If a player is attempting a shot, the defender is allowed to stand with arms extended straight up in the air, but the player cannot jump or swat at the ball.
- ABSOLUTELY NO FULL COURT PRESS OR DOUBLE TEAM.