

**CATOOSA COUNTY YOUTH BASKETBALL LEAGUE - SPECIFIC PLAYING RULES BY AGE GROUP:**

**4-5 yr COED 'INSTRUCTIONAL' LEAGUE**

1. Scores of each game will be kept on the scoreboards. Likewise, wins and losses will be kept in the League Standings. An optional Post-Season Tournament will be available at the end of the season for those teams interested.
2. Each game will consist of four (4) ten minute quarters. Each quarter will utilize a running clock format. The clock will run at all times including the 4<sup>th</sup> quarter except for team timeouts or an officials' timeout. Halftime will be five (5) minutes in length. **This League will utilize the 8-foot goals.**
3. A coin-flip will determine which team takes the ball out of bounds to start the game. Thereafter, the alternating possession arrow will guide the game. Teams will **START AND FINISH** the game shooting at the goal closest to each team's bench area.
4. This League will use a 27.5-inch circumference (Spalding Rookie Gear) size basketball. **Colors:** Red, Yellow, Green, Blue
5. Each team will have two (2) timeouts per half. Timeouts should last no more than one (1) minute each. Timeouts **can not** be carried over from the 1<sup>st</sup> half to the 2<sup>nd</sup> half in the 4-5 Coed division. All substitutes should report to the scorers' table in order to be brought into the game by the game Official.
6. All players on each team **MUST PLAY** an amount of time equal to **TEN (10) MINUTES** or **1 Full Quarter of the game.** **ALL players on each team MUST play at least one (1) UNINTERRUPTED quarter. The uninterrupted quarter is defined as playing the entire quarter without coming out of the game. Scorekeepers at each gym will note the starting five (5) players and the remaining players will be substitutions. Coaches should help notify the scorekeepers when their subs are entering the game for their uninterrupted quarter. Failure to abide by the participation/one uninterrupted quarter rule will result in a one (1) game suspension for the first offense.**
7. **The head and assistant coach** may roam in the "**out-of-bounds area**" of the court in order to give instructions to their players. It is recommended that the head and assistant coaches 'split up' with one on each end of the court to instruct their players. **In 4-5 yr COED only:** A third coach for each team is permitted to sit on the bench during the game in order to supervise bench players.
8. **Pressing full court** will not be allowed in this age group at all during the entire course of the game. Once a team has secured possession of the ball, the defensive players must retreat and take their defensive positions inside the 3-point arc and remain inside the 3-point arc at all times while the offense has control of the ball. Once the offensive team crosses the 3-point arc, the defensive players can attack / play defense.
9. Only one (1) game Official will be assigned to each 4-5 'Instructional' League game. Personal fouls will be kept on the game scoresheets, however, players **can not** foul out of the game in the 4-5 League. **Please Note:** If a player collects 4 or 5 personal fouls, coaches **MUST** take that player out of the game temporarily in order to instruct them on their aggressive play.
10. **FREE THROWS:** This age group may attempt free throws at a distance of **10 feet** measuring from the front edge of the basketball rim. The number of players permitted on the marked lane spaces during free throws is four (4) defensive, two (2) offensive, and the shooter. The lane spaces closest to the free-throw line and the shooter must remain vacant. Players may finish across the line when attempting a free throw if needed.
11. If severe or inclement weather is present on any scheduled League game days or nights, a cancellation number is set up to give detailed information on whether games are "ON" or "OFF" for that date. **The cancellation number is: 706.935.7246 (RAIN)**

**CATOOSA COUNTY YOUTH BASKETBALL LEAGUE - SPECIFIC PLAYING RULES BY AGE GROUP:**

**6U Boys and Girls 'ROOKIE' LEAGUE**

1. Scores of each game will be kept on the scoreboards. Likewise, wins and losses will be kept in the League Standings. An optional Post-Season Tournament will be available at the end of the season for those teams interested.
2. Each game will consist of four (4) ten minute '**Running Clock**' quarters. The clock will run at all times except for the last two (2) minutes of the 4<sup>th</sup> quarter, team timeouts, or an officials' timeout. During the last two (2) minutes of the 4<sup>th</sup> quarter, the clock reverts back to 'Regular Clock' format and will stop on the whistle. **This League will utilize the 8-foot goals.**
3. **OVERTIME:** If teams are tied at the end of regulation, two (2) overtime periods will be allowed to break the tie. If after the 2<sup>nd</sup> overtime teams are still tied, the game will end in a tie. One (1) timeout per team is allowed for each overtime period. ALL Overtime periods are 'Regular Clock' format and are two (2) minutes in length. Full Court Press IS ALLOWED during Overtime.
4. A coin-flip will determine which team takes the ball out of bounds to start the game. Thereafter, the alternating possession arrow will guide the game. Teams will **START AND FINISH** the game shooting at the goal closest to each team's bench area.
5. This League will use a 27.5-inch circumference basketball.
6. Each team will have two (2) timeouts per half. Timeouts should last no more than one (1) minute each. Timeouts **can not** be carried over from the 1<sup>st</sup> half to the 2<sup>nd</sup> half in the 5-6 Coed division. All substitutes should report to the scorers' table in order to be brought into the game by the game Official.
7. All players on each team **MUST PLAY** an amount of time equal to **TEN (10) MINUTES** or **1 Full Quarter of the game.** **ALL players on each team MUST play at least one (1) UNINTERRUPTED quarter. The uninterrupted quarter is defined as playing the entire quarter without coming out of the game. Scorekeepers at each gym will note the starting five (5) players and the remaining players will be substitutions. Coaches should help notify the scorekeepers when their subs are entering the game for their uninterrupted quarter. Failure to abide by the participation/one uninterrupted quarter rule will result in a one (1) game suspension for the first offense.**
8. **The head and assistant coach** may roam in the "**out-of-bounds area**" of the court in order to give instructions to their players. It is recommended that the head and assistant coaches 'split up' with one on each end of the court to instruct their players.
9. **Pressing full court** will not be allowed in this age group at all during the entire course of the game. Once a team has secured possession of the ball, the defensive players must retreat and take their defensive positions inside the 3-point arc and remain inside the 3-point arc at all times while the offense has control of the ball. Once the offensive team crosses the 3-point arc, the defensive players can attack / play defense. **The offensive ball carrier has 10 seconds once he crosses half court to penetrate the 3-point arc.**
10. Two (2) game officials will be assigned to each 6U 'Rookie' League game. Personal fouls will be kept on the game scoresheets and players can foul out if they accumulate five (5) personal fouls.
11. **FREE THROWS:** This age group may attempt free throws at a distance of **10 feet** measuring from the front edge of the basketball rim. The number of players permitted on the marked lane spaces during free throws is four (4) defensive, two (2) offensive, and the shooter. The lane spaces closest to the free-throw line and the shooter must remain vacant. The try for goal shall be made within ten (10) seconds after the ball has been placed at the disposal of the free thrower at the free-throw line. This shall apply to each free throw. Players may finish across the line when attempting a free throw if needed.
12. If severe or inclement weather is present on any scheduled League game days or nights, a cancellation number is set up to give detailed information on whether games are "ON" or "OFF" for that date. **The cancellation number is: 706.935.7246 (RAIN)**

**CATOOSA COUNTY YOUTH BASKETBALL LEAGUE - SPECIFIC PLAYING RULES BY AGE GROUP:**

**8U Boys and Girls 'PEE-WEE' LEAGUE**

1. Scores of each game will be kept on the scoreboards. Likewise, wins and losses will be kept in the League Standings. An optional Post-Season Tournament will be available at the end of the season for those teams interested.
2. Each game will consist of four (4) ten minute '**Running Clock**' quarters. The clock will run at all times except for the last two (2) minutes of the 4<sup>th</sup> quarter, team timeouts, or an officials' timeout. During the last two (2) minutes of the 4<sup>th</sup> quarter, the clock reverts back to 'Regular Clock' format and will stop on the whistle. **This League will utilize the 8 ½-foot goals.**
3. **OVERTIME:** If teams are tied at the end of regulation, two (2) overtime periods will be allowed to break the tie. If after the 2<sup>nd</sup> overtime teams are still tied, the game will end in a tie. One (1) timeout per team is allowed for each overtime period. ALL Overtime periods are 'Regular Clock' format and are two (2) minutes in length. Full Court Press IS ALLOWED during Overtime.
4. A coin-flip will determine which team takes the ball out of bounds to start the game. Thereafter, the alternating possession arrow will guide the game.
5. Only two (2) Coaches (Head and Assistant Coach) per team are allowed on each team's bench along with the players. All other persons are spectators and must sit in the stands.
6. Teams in the 8U Pee-Wee League will start the game shooting at the goal farthest from their team bench. At the start of the 2<sup>nd</sup> Half, each team will swap goals and shoot at the goal closest to their team bench.
7. This League will use a 27.5-inch circumference basketball.
8. Each team will have **two (2) timeouts per half**. One and only one (1) timeout may be carried over to the 2<sup>nd</sup> Half if a team or coach has not used both timeouts **in the 1<sup>st</sup> Half**. Two (2) timeouts **CAN NOT** be carried over from the 1<sup>st</sup> Half to the 2<sup>nd</sup> Half. One (1) timeout per team is allowed for each overtime period.
9. All players on each team **MUST PLAY** an amount of time equal to **TEN (10) MINUTES** or **1 Full Quarter of the game**. **ALL players on each team MUST play at least one (1) UNINTERRUPTED quarter. The uninterrupted quarter is defined as playing the entire quarter without coming out of the game. Scorekeepers at each gym will note the starting five (5) players and the remaining players will be substitutions. Coaches should help notify the scorekeepers when their subs are entering the game for their uninterrupted quarter. Failure to abide by the participation/one uninterrupted quarter rule will result in a one (1) game suspension for the first offense.** Personal fouls will be kept on the game scoresheets, and players will be disqualified from the game after their 5<sup>th</sup> foul has been assessed in the 8U Pee-Wee League.
10. A) The 8U Pee-Wee League **CAN NOT PRESS FULL COURT UNTIL THE FINAL TWO (2) MINUTES OF THE 4<sup>TH</sup> QUARTER**. *If a team has a 20-point lead or more when the 'last two minutes of the 4<sup>th</sup> Quarter' begins, that team must retreat and take their defensive positions inside the 3-point arc. No pressing allowed with a 20 + point lead.*
- Situational exception and non-exception to the press rule:** If a team secures a rebound and immediately begins a fast break situation up court, they can be **DEFENSED IMMEDIATELY** in backcourt. If a team secures a rebound and **'COVERS'** the ball and does not try to fast break, the defensive team must retreat and take their defensive positions inside the 3-point arc. *Coaches must instruct their players, OFFENSIVELY and DEFENSIVELY, the difference between 'fast breaks' and 'covering the rebound'.* **UNCLEAR FAST BREAKS WILL BE STRICTLY A JUDGEMENT CALL BY THE GAME OFFICIALS.***
11. B) On **'non-fast breaks'** or **'covered up rebounds'**, the defensive players must retreat and take their defensive positions inside the 3-point arc. Once the offensive team's player crosses the mid-court or half-court line with the basketball, then **ALL** offensive players handling the ball outside the 3 point arc should have only 1 defensive player guarding him / her at any time during non-fast break situations. All other offensive players can be defended whether inside or outside the 3 point arc. This includes offensive players receiving a pass from the ball handler outside the 3 point arc. Once the ball handler penetrates or makes a pass inside the 3 point arc area, the single coverage defense rule is suspended.

**8U Boys and Girls 'PEE-WEE' LEAGUE - (continued)**

*All defensive players must retreat and take their defensive positions inside the 3-point arc when the following situations exist:*

- i) during the throw-in at mid-court at the start of the game after the pre-game coin-flip.
- ii) at the **start** of the 2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup> quarters during the throw-in at mid-court.
- iii) during any throw-in in backcourt. *The only exception to this rule iii is during the final two (2) minutes of the 4<sup>th</sup> quarter.*
- iv) any throw-ins administered in frontcourt where the thrower throws the ball into backcourt will be handled accordingly: 1) if a player from the team entitled to the throw-in goes from frontcourt into backcourt and establishes position with both feet in backcourt before the ball is airborne, then the defensive players **CAN NOT** cross over the mid-court line to defend or try for a steal. 2) on the other hand, if the ball is thrown into backcourt from frontcourt before any players from the team entitled to the throw-in establishes position in backcourt, then any player from either team may pursue the ball in this "loose ball scenario". Establishing position in backcourt will strictly be a judgment call by the game officials. *The only exception to this rule iv is during the final two (2) minutes of the 4<sup>th</sup> quarter.*

12. **FREE THROWS:** This age group may attempt free throws at a distance of **12 feet** measuring from the front edge of the basketball rim. The number of players permitted on the marked lane spaces during free throws is four (4) defensive, two (2) offensive, and the shooter. The lane spaces closest to the free-throw line and the shooter must remain vacant. The try for goal shall be made within ten (10) seconds after the ball has been placed at the disposal of the free thrower at the free-throw line. This shall apply to each free throw. Players may finish across the line when attempting a free throw if needed.

13. If severe or inclement weather is present on any scheduled League game days or nights, a cancellation number is set up to give detailed information on whether games are "ON" or "OFF" for that date. **The cancellation number is: 706.935.7246 (RAIN)**

**CATOOSA COUNTY YOUTH BASKETBALL LEAGUE - SPECIFIC PLAYING RULES BY AGE GROUP:**

**10U Boys and Girls 'MITE' LEAGUE**

1. Scores of each game will be kept on the scoreboards. Likewise, wins and losses will be kept in the League Standings. An optional Post-Season Tournament will be available at the end of the season for those teams interested.
2. Each game will consist of four (4) ten minute '**Running Clock**' quarters. The clock will run at all times except for the last two (2) minutes of the 4<sup>th</sup> quarter, team timeouts, or an officials' timeout. During the last two (2) minutes of the 4<sup>th</sup> quarter, the clock reverts back to 'Regular Clock' format and will stop on the whistle. **This League will utilize the 9-foot goals.**
3. **OVERTIME:** If teams are tied at the end of regulation, two (2) overtime periods will be allowed to break the tie. If after the 2<sup>nd</sup> overtime teams are still tied, the game will end in a tie. One (1) timeout per team is allowed for each overtime period. ALL Overtime periods are 'Regular Clock' format and are two (2) minutes in length. Full Court Press IS ALLOWED during Overtime.
4. The 10U Mite League **will start each game with a jump-ball at the center circle**. Thereafter, the alternating possession arrow will guide the game.
5. Only two (2) Coaches (Head and Assistant Coach) per team are allowed on each team's bench along with the players. All other persons are spectators and must sit in the stands.
6. Teams in the 10U Mite League **will start the game shooting at the goal farthest from their team bench**. At the start of the 2<sup>nd</sup> Half, each team **will swap goals and shoot at the goal closest to their team bench**.
7. This League will use a 28.5-inch circumference (Girls High School size) basketball.
8. Each team will have **two (2) timeouts per half**. One and only one (1) timeout may be carried over to the 2<sup>nd</sup> Half if a team or coach has not used both timeouts **in the 1<sup>st</sup> Half**. Two (2) timeouts **CAN NOT** be carried over from the 1<sup>st</sup> Half to the 2<sup>nd</sup> Half. One (1) timeout per team is allowed for each overtime period.
9. All players on each team **MUST PLAY** an amount of time equal to **TEN (10) MINUTES or ONE FULL QUARTER** in each game. **ALL players on each team MUST play at least one (1) UNINTERRUPTED quarter. The uninterrupted quarter is defined as playing the entire quarter without coming out of the game. Scorekeepers at each gym will note the starting five (5) players and the remaining players will be substitutions. Coaches should help notify the scorekeepers when their subs are entering the game for their uninterrupted quarter. Failure to abide by the participation/one uninterrupted quarter rule will result in a one (1) game suspension for the first offense.** Personal fouls will be kept on the game scoresheets, and players will be disqualified from the game after their 5<sup>th</sup> foul has been assessed.
10. A) The 10U Mite League **CAN NOT PRESS FULL COURT UNTIL THE FINAL TWO (2) MINUTES OF THE 4<sup>TH</sup> QUARTER**. *If a team has a 20-point lead or more when the 'last two minutes of the 4<sup>th</sup> Quarter' begins, that team must retreat and take their defensive positions inside the 3-point arc. No pressing allowed with a 20 + point lead.*  
  
***Situational exception and non-exception to the press rule:** If a team secures a rebound and immediately begins a fast break situation up court, they can be **DEFENSED IMMEDIATELY** in backcourt. If a team secures a rebound and **'COVERS'** the ball and does not try to fast break, the defensive team must retreat and take their defensive positions inside the 3-point arc. ***Coaches must instruct their players, OFFENSIVELY and DEFENSIVELY, the difference between 'fast breaks' and 'covering the rebound'.*** **UNCLEAR FAST BREAKS WILL BE STRICTLY A JUDGEMENT CALL BY THE GAME OFFICIALS.***  
  
 B) On **'non-fast breaks'** or **'covered up rebounds'**, the defensive players must retreat and take their defensive positions inside the 3-point arc. Once the offensive team crosses the mid-court or half-court line with the basketball, then all defensive players can leave from within the 3-point arc and play defense or try for a steal.

**10U Boys and Girls 'MITE' LEAGUE - (continued)**

*All defensive players must retreat and take their defensive positions inside the 3-point arc when the following situations exist:*

- i) during the throw-in at mid-court at the start of the game after the pre-game coin-flip.
- ii) at the **start** of the 2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup> quarters during the throw-in at mid-court.
- iii) during any throw-in in backcourt. *The only exception to this rule iii is during the final two (2) minutes of the 4<sup>th</sup> quarter.*
- iv) any throw-ins administered in frontcourt where the thrower throws the ball into backcourt will be handled accordingly: 1) if a player from the team entitled to the throw-in goes from frontcourt into backcourt and establishes position with both feet in backcourt before the ball is airborne, then the defensive players **CAN NOT** cross over the mid-court line to defend or try for a steal. 2) on the other hand, if the ball is thrown into backcourt from frontcourt before any players from the team entitled to the throw-in establishes position in backcourt, then any player from either team may pursue the ball in this "loose ball scenario". Establishing position in backcourt will strictly be a judgment call by the game officials. *The only exception to this rule iv is during the final two (2) minutes of the 4<sup>th</sup> quarter.*

11. **FREE THROWS:** This age group may attempt free throws at a distance of **12 feet** measuring from the front edge of the basketball rim. The number of players permitted on the marked lane spaces during free throws is four (4) defensive, two (2) offensive, and the shooter. The lane spaces closest to the free-throw line and the shooter must remain vacant. The try for goal shall be made within ten (10) seconds after the ball has been placed at the disposal of the free thrower at the free-throw line. This shall apply to each free throw. Players **CANNOT** finish across the line when attempting a free throw in the 10U division.

12. If severe or inclement weather is present on any scheduled League game days or nights, a cancellation number is set up to give detailed information on whether games are "ON" or "OFF" for that date. **The cancellation number is: 706.935.7246 (RAIN)**

**CATOOSA COUNTY YOUTH BASKETBALL LEAGUE - SPECIFIC PLAYING RULES BY AGE GROUP:**

**12U 'MIDGET' Boys and 13U 'JUNIOR' Girls LEAGUE**

1. Scores of each game will be kept on the scoreboards. Likewise, wins and losses will be kept in the League Standings. An optional Post-Season Tournament will be available at the end of the season for those teams interested.
2. Each game will consist of four (4) ten minute '**Running Clock**' quarters. The clock will run at all times except for the last two (2) minutes of the 4<sup>th</sup> quarter, team timeouts, or an officials' timeout. During the last two (2) minutes of the 4<sup>th</sup> quarter, the clock reverts back to 'Regular Clock' format and will stop on the whistle. **This League will utilize the 10-foot goals.**
3. **OVERTIME:** If teams are tied at the end of regulation, two (2) overtime periods will be allowed to break the tie. If after the 2<sup>nd</sup> overtime teams are still tied, the game will end in a tie. One (1) timeout per team is allowed for each overtime period. ALL Overtime periods are 'Regular Clock' format and are two (2) minutes in length.
4. The 12U Boys and the 13U Girls Leagues **will start each game with a jump-ball at the center circle**. Thereafter, the alternating possession arrow will guide the game.
5. Only two (2) Coaches (Head and Assistant Coach) per team are allowed on each team's bench along with the players. All other persons are spectators and must sit in the stands.
6. The following size basketballs will be used for each League:

**12U BOYS** - 28.5-inch circumference (Girls High School size)

**13U GIRLS** - 28.5-inch circumference (Girls High School size)

7. Each team will have **two (2) timeouts per half**. One and only one (1) timeout may be carried over to the 2<sup>nd</sup> Half if a team or coach has not used both timeouts **in the 1<sup>st</sup> Half**. Two (2) timeouts **CAN NOT** be carried over from the 1<sup>st</sup> Half to the 2<sup>nd</sup> Half. One (1) timeout per team is allowed for each overtime period.

8. All players on each team **MUST PLAY** an amount of time equal to **TEN (10) MINUTES** or **1 Full Quarter of the game**. **ALL players on each team MUST play at least one (1) UNINTERRUPTED quarter. The uninterrupted quarter is defined as playing the entire quarter without coming out of the game. Scorekeepers at each gym will note the starting five (5) players and the remaining players will be substitutions. Coaches should help notify the scorekeepers when their subs are entering the game for their uninterrupted quarter. Failure to abide by the participation/one uninterrupted quarter rule will result in a one (1) game suspension for the first offense.** Personal fouls will be kept on the game scoresheets, and players will be disqualified from the game after their 5<sup>th</sup> foul has been assessed.

9. The 12U Boys and the 13U Girls Leagues **can press full court the entire game**.

***Exception:*** *If a team has a 20-point lead or more at any time during the game, that team **CAN NOT** press the team losing by 20 + points. If the lead becomes 19 points or less, the team leading may begin to press again.*

10. **FREE THROWS:** These age groups attempt free throws at the regulation distance of **15 feet** measuring from the front edge of the basketball rim. The number of players permitted on the marked lane spaces during free throws is four (4) defensive, two (2) offensive, and the shooter. The try for goal shall be made within ten (10) seconds after the ball has been placed at the disposal of the free thrower at the free-throw line. This shall apply to each free throw. Players **CANNOT** finish across the line when attempting a free throw in these divisions.

11. If severe or inclement weather is present on any scheduled League game days or nights, a cancellation number is set up to give detailed information on whether games are "ON" or "OFF" for that date. **The cancellation number is: 706.935.7246 (RAIN)**