

Fluvanna County Parks and Recreation 2025-2026

Youth Basketball League Rules (Ages 7 – 17)

The goal is to teach basketball skills and teamwork effectively to different age groups and to keep winning and fair play in perspective. The important factor in the personal growth of the participants is not who wins or loses the game, but how their teamwork and individual performance develops as the season progresses and that they having fun.

The Virginia High School Rules will govern all games with modifications unique to our program listed below:

1. Clock – All leagues will play two 8-minute quarters per half with a running clock except:
 - a. Foul Shots
 - b. Time outs
 - c. Injuries
 - d. Last 4 minutes of 2nd and 4th quarters
 - e. Quarter breaks (1 minute)
 - f. Half time (4 minutes)
 - g. Substitution period (30 seconds)
2. Player Time – The FCPR goals are derived from the National Alliance for Youth Sports and differ as you progress through the age groups. In all age groups, our main goals are to emphasize maximum participation, focusing meaningful play with a length and level of competition commensurate with the physical and emotional development of the child and to teach good sportsmanship. The table below indicated the required playing time based on the number of players in attendance at the start of the game. Failure to maximize player time according to this table will result in a forfeit. Any player arriving after the start of the game is not guaranteed his/her complete complement of playing time.

When a player fouls out or is injured, the remaining play periods should be distributed to players in a manner that maximizes every player's playing time (**the same player may not sub for 2 consecutive injuries**). Players that substitute for an injured player or for a player that fouls out are considered to have played. If it is the last period and all players have played the same number of periods, the coach may substitute any eligible player to finish the remainder of the game.

For 7-8, 9-10, and 11-13 Leagues

<u>Number of players</u>	<u>Required number of playing periods</u>
10	4 half quarters for all players
9	5 players play 4 half quarters 4 players play 5 half quarters
8	5 half quarters max for all players
7	2 players play 5 half quarters 5 players play 6 half quarters
6	2 players play 6 half quarters 4 players play 7 half quarters
5	8 half quarters for all players

For 14-17 League

<u>Number of players</u>	<u>Required number of playing periods</u>
10	3 half quarters for all players
9	6 players play 3 half quarters 3 players play 4 half quarters
8	3 players play 5 quarters 5 players play 3 quarters
7	2 players play 5 half quarters 5 players play 4 half quarters
6	5 half quarters for all players
5	6 half quarters for all players

3. Substitutions – To assist coaches with keeping track of players playing time, substitutions:
 - a. Will be allowed only during dead ball situations before the start of each quarter and at the substitution periods in the middle of each quarter (approx. 4 minutes)
 - b. **In the 14-17 league coaches are free to sub players how they see fit for the entirety of the 4th quarter.**
 - c. Will take less than 30 seconds.
 - d. Exception: the referee has the authority to stop play and allow for a substitution when:
 - a player is under duress and needs to be removed from the game
 - a player is injured
4. Bench Area – There shall be no more than two coaches and rostered players at the bench area during a game. If there is seen to be more coaches and players than allowed, a technical foul will be issued. Failure to comply with the rule after the first technical will result in forfeiture of the game.
5. Full Court Press – Players in the 7-8 year-old age group is not permitted to full court press at any time during the game. The 9-10 year-old age group and 11-13 year old age group may use the full court press during the last four-minutes of the second quarter and the last four-minutes of the fourth quarter and overtime. Players in the 14-17 year-old age group may full court press the entire game. Any 7 – 13 year old team ahead by 10 or more points is not allowed to full court press or fast break. Any 14 and over team ahead by 15 or more points is not allowed to full court press or fast break.
6. Tie Games – At the end of regulation time, all age groups will have a two-minute overtime. If the game is still tied after a two-minute overtime, a one-minute second overtime will be played. Each successive overtime will be one minute until a victory is determined.
7. Fouls – Foul outs will be five fouls for all age groups. Scorekeepers need to record individual and team fouls. After a team commits 5 team fouls per quarter, the other team will be awarded 2 foul shots. At 7 team fouls in one quarter, 2 foul shots will be

awarded. Team fouls will carry over into overtime. Give stat records to the gym site supervisor at the end of each game.

8. Timeouts – Each team will be allowed Four (4) timeouts per game with 2 (30-second) timeouts and 2 (full one-minute) timeouts. If the game reaches overtime, both teams will receive 1 (full one-minute) additional timeout. These may be used at any time during the game.
9. Calls – Walking and double dribbling will be called for all age groups.
10. Fouls – All fouls (pushing, slapping, reaching in, over the back, bumping with the body, moving picks, etc.) will be called for all age groups.

11. Possession – The game shall not be forfeited unless an entire team does not show up. The game may begin with one team only having four players and may play the entire game with only four players if necessary. A game will be forfeited in the event the team is not ready to begin play five minutes after the scheduled starting time. The opponent has the option of playing 4-4 or 4-5.
12. Defense – Teams are allowed to play any defense of their choosing (man-to-man or zone).
13. Unsportsmanlike behavior – A technical two shot foul plus loss of possession of the ball will be assessed for all unsportsmanlike conduct (abusive or violent behavior) by players, coaches or fans. When a player commits a technical foul, a personal foul will also be assessed.
14. Ejection – Any player or coach ejected from a game for any reason, may not return to the game and will be automatically be suspended from the next game played, unless the action calls for a more severe penalty. One game suspension may be appealed to the Fluvanna County Parks and Recreation Department prior to the next game played. Appeal decisions are final. The penalty for violation is forfeit. A second violation within the season may result in a player or coach being suspended indefinitely or such other penalty deemed necessary by FCPR. This rule applies also to post-season games and will carry over to the next season. Referees are responsible for reporting ejections, including the person's name, number and reason for ejection written on the back of game stats.
15. Referees – All referee decisions are final. Coaches must direct questions to referees only at quarter or half-time breaks, timeouts and at the conclusion of the game. Questions regarding rule interpretations should be directed to FCPR scorers. Arguing with the referee will result in a technical foul.
16. Both teams line up and shake hands after each game.

Age	Ball Size	Basket Height (Feet)	Time Allowed in Lane (Seconds)	Coach can call timeout	Quarter Length (Minutes)	Defenses Allowed	Double Teaming	Foul Line	3 Point Shot	Full Court Press	Overtime (Minutes)
7-8	Junior	8	5	Yes	8	Man-to-Man or Zone	No	Adjusted	Yes	No pressure outside the 3-point arc	2
9-10	Women's	9	5	Yes	8	Man-to-Man or Zone	Yes	Adjusted	Yes	Last 4 minutes of 2 nd and 4 th Quarters and in Overtime	2
11-13	Men's	10	3	Yes	8	Man-to-Man or Zone	Yes	Normal	Yes	Last 4 minutes of 2 nd and 4 th Quarters and in Overtime	2
14-18	Men's	10	3	Yes	8	Man-to-Man or Zone	Yes	Normal	Yes	High School Rules Apply	2