

ISTROUMASPORTS

7U BOYS & 8U GIRLS RULES

Game Format

- Ball – 25.5 inches (Size 4)
- Goal – 8 feet
- Game will consist of 6 periods of 6 minutes.
- Breaks are 1 minute. No timeouts.
- Home team will provide a timekeeper, start the game on defense, and sit on the scoreboard side of the court.
- Score will not be kept.

Division Rules

- Defenders cannot guard past the 3-point line.
- Teams will play man-to-man defense. Matchups are determined by wristband colors.
- Coaches are asked to avoid stealing off a dribble or pass. Coaches are asked to develop players to not reach in on defense.
- Coaches are asked to avoid fast breaks, isolation plays, and screens. Coaches are asked to develop players to pass and cut in a half-court offense.
- Teams will inbound the ball instead of shooting free throws after a shooting foul.

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9U BOYS & 10U GIRLS RULES

Game Format

- Ball – 27.5 inches (Size 5)
- Goal – 8.5 feet
- Game will consist of 6 periods of 6 minutes. The clock will only stop for free throws during the last minute of the sixth period. No timeouts.
- Game ends at the conclusion of the last period, even if the result is a tie.
- Breaks after each period are 1 minute and halftime is 3 minutes.
- Home team will provide two scorekeepers, start the game on defense, and sit on the scoreboard side of the court.

Division Rules

- A team will start the game with 2 points if they recite more bible verses from memory than the other team.
- Defenders cannot guard past the white volleyball attack line.
- Teams will play man-to-man defense. Matchups are determined by wristband colors.
- No fast breaks. Coaches are asked to focus on half-court offense.
- No isolation plays or on-ball screens. Two off-ball screens are permitted per possession. Coaches are asked to focus on passing and cutting.
- On shooting fouls, players will shoot one free throw from the black line for the value of the original shot.

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11U BOYS & 13U GIRLS RULES

Game Format

- Ball – 28.5 inches (Size 6)
- [Boys] Goal – 9 feet
- [Girls] Goal – 9.5 feet
- Game will consist of 21-minute halves and a 3-minute halftime.
- Game ends at the conclusion of the second half, even if the result is a tie, except for the final game.
 - Final game overtime: 3 minutes or 5 points, whichever comes first.
- Halves will contain two breaks after a dead ball around the 7 and 14-minute marks. These referee breaks will last up to 1 minute. Coaches will make substitutions during this time.
- The clock will stop for dead balls during the last minute, referee breaks, and after 30 seconds have passed on shooting fouls.
- Teams can use one 30-second timeout in the second half.
- Home team will provide two scorekeepers, start the game on defense, and sit on the scoreboard side of the court.

Division Rules

- A team will start the game with 2 points if they recite more bible verses from memory than the other team.
- Defenders cannot guard past half-court.
- Teams will only play man-to-man defense.
- No double teams.
- Coaches are asked to limit players to one ball screen per possession.
- Players do not line up in the lane during free throws.
- Team bonus on the 6th foul of each half.
- An intentional foul within the last minute automatically sends the offense into the bonus.

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14U BOYS RULES

Game Format

- Ball – 29.5 inches (Size 7)
- Goal – 10 feet
- Game will consist of 21-minute halves and a 3-minute halftime.
- Game ends at the conclusion of the second half, even if the result is a tie, except for the final game.
 - Final game overtime: 3 minutes or 5 points, whichever comes first.
- Halves will contain two breaks after a dead ball around the 7 and 14-minute marks. These referee breaks will last up to 1 minute. Coaches will make substitutions during this time.
- The clock will stop for dead balls during the last minute, referee breaks, and after 30 seconds have passed on shooting fouls.
- Teams can use one 30-second timeout during the second half of the game.
- Home team will provide two scorekeepers, start the game on defense, and sit on the scoreboard side of the court.

Division Rules

- A team will start the game with 2 points if they recite more bible verses from memory than the other team.
- Defenders can guard up to the opposite free-throw line.
- Teams will only play man-to-man defense.
- Players do not line up in the lane during free throws.
- Team bonus on the 6th foul of each half.
- An intentional foul within the last minute automatically sends the offense into the bonus.

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FOULS & VIOLATIONS

Fouls

- Blocking
- Charge
- Coaches on the Court
- Holding
- Illegal screen
- Loose ball
- Reaching

Violations

- Backcourt: 10 Seconds (11U/13U/14U)
- Backcourt: Over and Back (11U/13U/14U)
- Carry
- Closely Guarded – player holds or dribbles in place for 5 seconds while being guarded by a defender within arm's reach (11U/13U/14U)
- Double Dribble
- Fast Break Attempt (9U/10U)
- Flopping
- Kick Ball
- Matchup – wrong wristband (9U/10U)
- Travel
- Wrong Goal – no points are awarded

Referees are not limited to the rules above
and can make discernment calls when a situation is not covered by these rules.