

Ebenezer Basketball

Rules and Policies for 10U

Revised - November 2019

Objectives:

- To honor Christ in all of our actions and words and develop a Christian environment where fellowship recreation, and ministry can occur.
- To use the league as a tool to spread the gospel of Jesus and reach people for Christ.
- To develop within each participant patience, self-control, courage, good sportsmanship, team work and a Christian outlook toward competition.

Game Rules

1. Teams gather on the gym floor to say a prayer before each game and a prayer after each game. The home team coach is responsible for the prayer before the game and the visiting team coach is responsible for the prayer after the game.
2. The teams are to form lines to shake hands after each game.
3. Games will consist of four six minute quarters. The clock will stop only for shooting fouls, time outs, substitutions, and injuries.
4. There will be a one-minute intermission after the first and third quarters and a five-minute intermission between halves.
5. Each team will be allowed five time outs per game (max. of three per half) for no longer than sixty seconds.
6. Five second lane violation.
7. Zone or man to man defense will be played at the coach's discretion. If a team has a 10 or more point lead, the leading team must play a zone defense until the lead is less than 10.
8. Double teaming is allowed unless your team has a ten point lead.
9. No guarding in the backcourt. The defense can play the ball after the offense has crossed the half court line.
10. The offense has 10 seconds to cross half court. Failure to do so will result in a change of possession.
11. Backcourt will be called.
12. Fouls are called. Players will foul out of the game after the fifth foul.
13. On the seventh team foul of the half, teams will shoot one and one free throws. On the tenth team foul of the half the other team will be allowed two free throws.
14. Overtime will consist of two minutes, if the game is still tied after two minutes, it remains a tie. Free substitution is allowed. Each team is awarded a timeout. Any timeouts not used in the second half can carry over into overtime.
15. Basketball size is 28.5 and basket height is 9 feet.
16. Clock does not start until the ball crosses half court during the last 30 seconds of the game (unless a team has a 10 point or more lead).
17. SC High School Athletic Association of Basketball rules apply in all other cases.

General Rules:

1. Spectators are not allowed on the court while the game is in progress.
2. Official decisions are final. There are no protests. Any complaints should be submitted in writing to the Director of the league within 48 hours.
3. There will be at least one official per game.