



Knox Youth Sports Basketball Rules

Otherwise, NFHS High School Rules.



	6U League Boys & Girls	8U League Boys & Girls	10U League Boys & Girls	12U League Boys & Girls
Length of Quarters	6 Minutes	8 Minutes (2 Minute Halftime and 1 Minute Between Quarters - All Leagues)		10 Minutes
Clock Stops	Time-Outs and injuries always stop the clock. (Clock will also stop on Free Throws and the whistle in the final 2 minutes of each half).			
Defense	Man to Man	Any Defense is Allowed in the Front Court		
Backcourt Pressure	Last 2 Minutes of Each Half	Allowed Entire 4th Quarter Unless Lead >10	Allowed Entire 2nd Half Unless Lead >10	Allowed Entire Game Unless Lead >10
Mercy Rules	No Mercy Rule. However, we will do our best to maintain the integrity of each game.			
Height of Goals and Ball Size	8 Feet (Ball Size 27.5")	8 Feet (Ball Size 28.5")	9 or 10 Feet (coaches option) (Ball Size 28.5")	10 Feet (Ball Size 29.5" Boys; 28.5" Girls)
Foul Line Distance	8 feet	10 feet	12 feet	15 feet
Three Point Field Goals	No Three Point Goals		19'9" feet	
Number of Time-Outs	3 Time Outs Per Game			
Number of Time-Outs for OT	One (1) additional 30 second Timeout per team for each OT Period, unused TO's from game carry over.			
Penalty Shots	Will become effective on 5th Foul of Each Quarter. Number of Penalty Shots resets every Quarter.			
Overtime Periods	Sudden Death	(1) Two Minute Period - Clock stops on whistle in the last minute. If score is still tied at the end of OT, the game will to to Sudden Death - first score wins.		
Time Outs	In all leagues the Coach May Call timeout for the Bench. Ref NOT responsible for noticing bench timeouts. Coach should train players to echo his timeout request (the old rule) since refs watch players on the court.			
Grace Period	Fifteen (15) Minutes for the first game of the Day at a gym, if team has less than minimum amount of players.			
Playing Time	Every Player Plays 2 Complete Quarters	Every player must play 1 COMPLETE QUARTER and must sit 1 COMPLETE QUARTER. No Substitutions in 1st Half with the exceptions of injuries or sickness.		Free Substitutions
Technical Fouls for Players, Coaches & Fans	2 Technical Players on a player for Unsportsmanlike Conduct: Ejection from Game.			