





Updated 11.18.19

10U Basketball League will follow National Federation of High School Rules & Statewide Athletic Committee Rules with the following exceptions and notations:

1. **THERE IS NO DUNKING, ATTEMPTED DUNKING OR RIM HANGING BY PLAYERS OR COACHES DURING ANY GCAA PRACTICES OR GAMES AT ANY GYM. 1st OFFENSE IS SUBJECT TO 1 GAME SUSPENSION.**
2. Games will begin at their scheduled times with NO grace period with risk of forfeiture
3. Game ball will be 28.5" and provided by GCAA
4. Uniform Jerseys and *matching* shorts are to be worn by all players. T-Shirts are optional but must comply with high school rules.
a. PENALTY: Team administrative technical foul (2 shots) per game.
5. Free Throw Line will be 12 feet with six (6) players on Free Throw Lane during Shots. Early Release on the shot IS allowed.
6. Players may enter the lane on the release but the shooter and players behind the three-point line must wait until the ball hits the rim).
7. Offensive Lane Violation will be five (5) seconds
8. Teams should be at the gym and ready to play 30 minutes before scheduled game time.
9. Scorekeeper (score book provided by GCAA) is required by both Home and Visiting teams for each game.
10. Game Duration / Clock Notes
 - a. Two (2) twelve (12) minute halves with Regulation Clock.
 - b. Five (5) minute half-time break.
 - c. Clock will become Running Clock with a 20 point lead in the 2nd half of the game.
 - d. Clock will stop on all shooting fouls during Running Clock.
 - e. Clock will revert to Regulation Clock if the lead is cut to 10 points.
11. Overtime Period of two minutes with a 1 minute break between overtime periods. A regulation clock will be used during the overtime periods. Overtime periods will continue until there is a winner.
12. Time Outs are three (3) full per game and one (1) additional full per overtime period.
13. Playing Time

- a. Coaches are required to submit a player substitution matrix prior to each game
- b. All players must play half of the game or 12 minutes. (Focal Point)
- c. Mandatory substitution will occur near each 3 minute mark of the 1st Half (9, 6 & 3 minute mark) and the first nine (9) minutes of the 2nd Half (9, 6 & 3 minute marks) 
- d. Each player must sit out 3:00 consecutive minutes in both the 1st and 2nd Half.
- e. Should a team have only 6 players the opposing coach may select 1 key player that will be required to sit out 3:30 minutes of the 1st and 2nd Half.
- f. Scorekeepers will record segments played in scorebook for each player.
- g. No substitutions may be made during these segments except for injury. Players may re-enter the game on the next dead ball if the injury is not substantial. 
- h. No substitutions may be made during these segments for foul trouble.
- i. Free substitutions may be used during the last 3 minutes of the 2nd Half provided the all playing time requirements have been met.
- j. Players arriving late to games may have their playing time reduced.

14. All substitutes must report to the scorer's table.

15. The bonus (one and one) will be awarded beginning on the seventh (7) team foul of each half. Two (2) free throws will be awarded after the tenth (10) team foul of each half.

16. Each player will be allowed five personal fouls before being disqualified from the game. Non-administrative technical fouls will also count as a personal foul.

17. Two (2) non-administrative technical fouls on one player or coach will result in ejection from the game. Serious violations, which include but are not limited to fouls, abusive, or unsportsmanlike language used toward a player, official, coach or spectator and or physical violence or threat of physical violence may result in suspension from the league.



- a. If a player or coach is ejected from a game, he or she must leave the facilities immediately
- b. Failure to do so will result in a forfeit of the game & may result in suspension from the league for the player or coach
- c. Players or coaches ejected from a game will serve an automatic 1 game suspension.
- d. A second ejection due to technical fouls during the season will result in suspension from the league

18. All technical fouls will result in free throws and ball possession for the opposing team.



- a. A player that receives a non-administrative technical foul for must immediately be benched
- b. The player may not re-enter the game for the remainder of the 3 minute segment in which the foul occurs or in the following 3 minute segment
- c. Any non-administrative technical foul that occurs in the final 3 minute segment will result in disqualification from the game

19. Defensive & Offensive Restrictions



- a. Defense may not play backcourt defense until the last 2 minutes of the game.
PENALTY: First violation per team shall result in a warning. A technical foul shall be called on each subsequent violation. The technical foul shall be awarded to the bench - not the player committing the violation.
- b. Loose balls in back court may be retrieved by the defensive team without penalty
- c. Full court defense is allowed during the last (2) two minutes of the game and overtime



- d. No team may play defense outside the 3-point arc AT ANY TIME if they lead the opposing team by 20 or more points provided the all playing time requirements have been met.
 - e. Fast breaks are not allowed if a team leads by 20 or more points.
20. Each team must have four (4) players to begin a game and at two (2) players to end the game. Failure to have either will result in a forfeit. Teams with 5 players MUST play with 5 players
 21. A maximum of three (3) adults per team (Coach and 2 Asst Coaches) are allowed within the bench area during a game. Only the Head Coach may stand during live ball situations
 22. All head coaches and assistants must be members of GCAA and must be approved by the Basketball Committee.
 23. All coaches are required to undergo a background check per GCAA Guidelines.