



YOUTH BASKETBALL RULES 10U GIRLS D3

1. BASKET HEIGHT- 10 ft.' (ten feet) from the floor.
2. GAME TIME- four quarters of eight minutes. Running clocks.
3. BASKETBALL used will be the official size basketball (28.5)
4. Each team will be allowed four (4) timeouts per game.
5. HALF-TIME will be five minutes.
6. OVERTIME will be a two-minute period (Max of one overtime period during the regular season)
7. No back-court pressure until last two minutes of the 2nd and 4th quarter and any overtime period.
8. THE CLOCK will run at all times, except for time-outs, player injuries, half-time and free throws during the last two minutes of the fourth quarter.
9. DEFENSE will be man to man or zones.
10. Players are allowed up to five (5) FOULS. On the fifth foul, the player is disqualified. The distance for free throw line is thirteen and one-half feet. (13' 6")
11. TECHNICAL FOUL is two shots plus possession.
12. PLAYING TIME:
 - a. First Quarter: The starting 5 players will play the entire quarter, no substitutions.
 - b. Second Quarter: The remaining players that did not play in the first quarter will play the entire second quarter.
 - i. During the second Quarter, if a team has less than 10 players on their roster then the coach may substitute one of his players from the first quarter.
 - c. Third Quarter: Every player on the roster will play half the quarter. The clock will stop half way through the quarter in order to rotate players in.
 - d. Fourth Quarter: Open substitution will be allowed.