



RECREATIONAL BASKETBALL RULES

ALL DIVISIONS

- All players receive equal playing time.
- Games at all age levels are played 5-on-5.
- All players must wear their official uniform with no modifications.
- No jewelry is allowed (earrings must be removed).
- Coaches and players from both teams will be on the same sideline.
- All players participate in post-game elements after each game:
 - Thank your opponent with a handshake line.
 - Thank the referee with a high five or knuckles.
 - Thank God with a post-game prayer together.
 - Thank spectators with applause.

GENERAL RULES

Armor Sports Basketball follows NFHS (National Federation of State High School Associations) rules, with modifications listed below to fit our league.

For any item not listed here, refer to the NFHS Basketball Rulebook.

Rules are subject to change at the discretion of Armor Sports.

Scores & Standings

- Scores reset at halftime for all cross-court divisions.
- Standings are only kept for full-court divisions.

Game Length

- Games consist of two 18-minute halves.
- Substitutions occur every 4-5 minutes (clock does not stop).
- For full-court divisions, the clock stops on dead balls during the final minute of the game when the score is within 10 points or less.

Possession

- For cross-court divisions, the first team listed (away team) starts with possession.
- Full-court divisions start the game with a jump ball.
- Possession alternates for every subsequent jump-ball situation, including the start of the second half.

DEFENSE

- Teams must play man-to-man defense only - no zones.
- Each defensive player guards an assigned opponent, not an area.
- Defense begins at half court.
- No full-court press or fast breaks on made baskets in cross-court divisions.
- Grades playing full court may play man-to-man press during the final two minutes of the game (no trapping allowed).
- No stealing from the dribbler in cross-court divisions. In full-court divisions, defenders may steal once the ball crosses half court.
- In cross-court divisions, defenders must allow the first entry pass once the ball crosses mid-court.



- Players may only double-team the ball when it is inside the paint area.
- Defenders should maintain good positioning and avoid reaching fouls or excessive contact.

FOULS

- Individual fouls are not recorded.
- Team fouls are recorded for full-court divisions.
- Beginning with the 8th team foul of each half, the opposing team is awarded one free throw and maintains possession of the ball.
- Officials may ask a player to sit briefly for excessive fouling.
- Intentional fouling to stop the clock or play is not permitted.

OVERTIME

Sudden-Death Overtime Rules

- Applies to full-court divisions during season play.
- Overtime begins with a tip-off.
- All standard rules from the final two minutes of regulation remain in effect.
- No timeouts are permitted during overtime.

6U BOYS & GIRLS

- Hoop Height: 7.5 ft
- Ball Size: 4
- Game play is cross court.
- Score resets at halftime.
- Coaches may be on the court.
- Coaches act as referees, calling obvious fouls or violations.
- No free throws on fouls - ball is taken at the top of the key.
- Coaches manage game flow and teaching moments.
- Each team receives one 30-second timeout per half.
- Teams do not switch directions after halftime.
- The home team provides a parent volunteer to operate the scoreboard.
- If the game is tied at the end of regulation, it ends in a tie.

Coaches should emphasize:

- Dribbling, passing, and shooting fundamentals.
- Limiting violations (traveling, double dribbling).
- Taking the ball out after made baskets.
- Basic defensive positioning and footwork.
- Playing defense without fouling.

8U BOYS & GIRLS

- Hoop Height: 8.5 ft
- Ball Size: 5
- Score resets at halftime.
- 1 official per game.
- Game play is cross court.



- Coaches may be on the court near out-of-bounds or half-court lines.
- Officials call obvious fouls or violations.
- No free throws on fouls - ball is taken out of bounds.
- Coaches and referees manage game flow together.
- One 30-second timeout per half per team.
- Teams do not switch directions after halftime.
- The home team provides a scoreboard volunteer.

Coaches should emphasize:

- Dribbling, passing, and shooting fundamentals.
- Limiting basic violations.
- Taking the ball out after a made basket.
- Proper defensive stance and positioning.
- Defense without fouling.

10U BOYS & GIRLS

- Hoop Height: 10.0
- Ball Size: 6
- 2 officials per game.
- No on-court coaching (coaches stay on the sideline).
- Technical fouls result in 2 free throws and possession for the opposing team.
- 2 free throws are granted on shooting fouls.
- One 30-second timeout per half per team.
- Teams switch directions at halftime.
- The home team provides a scoreboard volunteer.
- Officials may call a turnover if a team intentionally stalls or avoids playing.

12U BOYS & GIRLS

- Hoop Height: 10.0 ft
- Ball Size: 6
- 2 officials per game.
- No on-court coaching (coaches remain on the sideline near their bench).
- Technical fouls result in 2 free throws and possession for the opposing team.
- 2 free throws are granted on shooting fouls.
- One 30-second timeout per half per team.
- Teams switch directions at halftime.
- The home team provides a scoreboard volunteer.
- Officials may call a turnover if a team is intentionally holding the ball or running out the clock.

Note

All rules are subject to change at any time by the Armor Sports Director.