

K-1 Sports Academy

10 – 13 Basketball Rules

1. The size of the playing area is full court or crosscourt.
2. The basket height is ten feet.
3. The free-throw line will be twelve feet from the basket. The player may land over the line after shooting a free-throw. All other players lined up may not move until the ball hits the rim.
4. The size of the basketball is 30 inches, official size
5. The provided K-1 Sports Academy jersey must be worn at all times. No exceptions!
6. No forfeits! The game will be played five on five. Each team will have a maximum of ten players on their roster. Any team with more than ten players has to be approved by league coordinator and head coach.
7. Each child must play at least half of every game. All players must play in both halves. No player will be allowed to play all four quarters unless the team has less than seven players for the game. Player substitutions may occur on any dead ball.
8. The game will consist of four, eight minute quarters with a running clock except for timeouts and the last two minutes of the fourth quarter when the clock stops for every whistle. There will be two, thirty second timeouts per team per half. Half time will last three minutes with one minute between quarters.
9. A jump ball will start each game.
10. Two coaches are allowed on sideline during game.
11. Game time will be kept by either the official or scoreboard clock.
12. Five second lane violations will be called.
13. Players will foul out on their fifth foul. If a player receives a third foul in the first half the player may be substituted.
14. Defense must be man to man, no zone. The first violation will receive a warning. Second violation will receive a technical foul and one point.
15. Double teaming is allowed in the lane area only and backcourt defense is not allowed. The first violation will receive a warning. Second violation will receive a technical foul and one point, plus possession of the ball.

16. Backcourt defense is not allowed.
17. Clear-outs are not allowed.
18. Possession will alternate each quarter, jump ball, or double foul.
19. After each basket the opposing team will then inbound the ball from their end line.
20. Offense must bring the ball across half court within the ten second time limit.
21. If a team receives their seventh team foul (non shooting) in one half of play, that foul, as well as each occurrence thereafter, results in the opposing team shooting one and one free-throws.
22. If a player is fouled in the act of shooting and misses the basket, the player will be awarded two free-throws. However, if the basket was made, basket counts, and the player is awarded one free-throw.
23. Each team's bench must be seated and cheering positively for their team. Trash talking will result in a technical foul.
24. Unsportsmanlike conduct will result in a technical foul and player ejection. The opposing team will be awarded two points and possession of the ball. This includes players on the bench.
25. K-1 Sports Academy coaches are given the authority to sit a player that is acting unsportsmanlike or that has missed several practices without a legitimate excuse. The referee must be notified before the game is started.