

Kempsville Recreation Association

10U Basketball Official Playing Rules

Revised: December 2, 2024

The purpose of Kempsville Recreation Association is to provide a fun, recreational experience for its participants. With that purpose in mind, the rules are subject to the final interpretation of the game officials whose decision is final.

NFHS & VHSL rules apply with the exception of anything listed below

Game Timing

1. The game will be divided into four (4) periods of nine (9) minutes each with a running clock. The clock will only stop for timeouts and discretionary timeouts as directed by the referees. Examples of discretionary timeouts include a player needing to tie his/her shoes, a ball well out of play or an equipment malfunction. Officials are cautioned not to allow this rule to be abused, as it will create an unfair situation from one game to the next. Also, it will cause games to run behind schedule. A technical foul will be assessed to teams that try to gain a competitive advantage through game delay. The last two minutes of the game will be played with a regular clock.
2. Each team is allowed three (3) timeouts in each half of play and one timeout in overtime. Timeouts not used in the first half do not carry to the second half and they do not carry from second half to overtime. Timeouts are one (1) minute in length. Referees and Coaches must strictly adhere to the (1) minute time limit.
3. There will be a two (2) minute break between periods and a five (5) minute break between halves.
4. The offensive team has five (5) seconds to place the ball in play after it is presented by the referee. This includes free throws.

Basket Height and Ball Size

1. Basket Height- 9 Feet
2. Ball Size- 28.5

Miscellaneous

1. A center jump will start the game. Possessions will alternate at each jump ball situation according to the possession arrow including the change of period.
2. Teams will start the game defending the goal nearest their bench and alternate at the half. That means pre game warm-up is located on the other side of the court from your bench.

3. A maximum of two adults are allowed in the bench area of each team. Those adults must be the designated coach and assistant. Coaches in the bench area must have a coaches badge and have it visible at all times. Coaches may change the designated assistant only by receiving permission from the game official in advance. The team scorer must sit at the scorer's table. Game officials will assess a technical for violation of this rule.

4. Coaches are responsible for behavior of their parents and fans. No one is allowed to sit in the end line area. These rules are for the safety of the spectators and players. Players are to remain seated while the game is in progress. Only one coach from each team is allowed to be standing while the ball is in play.

5. The modified fast break

Once a team has recovered the ball in the backcourt, they have two options.

Note: Recovery is defined as two-handed possession of the ball. Referees must be prompt in making this call.

The options are:

A. Hold the ball and not fast break.

The best way to indicate this is to "wrap up" with the ball in a curled position. At the first indication the referee will signal possession by pointing towards the recovering team's frontcourt. At this point the defensive team must retreat. The ball now must wait until all defensive players are past half court until it can cross half court.

B. Fast break.

If the player with the ball looks down court, and/or makes a step towards their goal, and/or brings the ball back in a passing mode then the referee shall allow defensive pressure. Once the player makes any of the moves described above, he/she will not be allowed to change the decision. **If the offense elects not to fast break then the defense may only defend behind the green line just over half court. (Volleyball line)**

6. All players entering the game must check in at the scorer's table. This includes changes in the period. Coaches must have their players ready to play at the referee's whistle. The referee will place the ball at the "throw in" point and count 5 seconds off. If the offensive team has not in-bounded then the possession will change. (However, the possession arrow will still favor the team not penalized since this is not a jump ball situation).

Note: The referee will not hand the player the ball after a basket is made in the course of normal play.

7. Free throws will be attempted from one foot inside the foul line. Players will shoot at a 9-foot rim.

8. A team must have five (5) players in attendance to start the game. **There will be no grace period.**

9. Only protests of player age eligibility are permitted.

10. No food, drink, or water bottles are allowed in the gym. Coaches should instruct parents and team moms that they are not to distribute team drinks in the gym.

11. Smoking is not allowed anywhere on school property. Please instruct parents not to smoke outside the gym doors. We are guest of the school and can lose the gym if the school decides they do not want us there.

12. Technical fouls count against team and player totals. Players **are disqualified after five (5) fouls.** Teams shoot will shoot two (2) free throws after the fifth foul in each quarter. Fouls reset every quarter.

13. Overtime: There are no overtime periods during regular season games. Games ending in a tie will be recorded as such. During playoffs only, 1 5-minute (running clock) overtime will be played. Regulation clock for the last one minute of the overtime period. With a running clock, the clock stops only for team and official time-outs, not for foul shots or violations. If still tie game, subsequent overtime periods are authorized: 3 minutes, running clock with last minute regulation clock.

14. **MINIMUM PLAY: Every player must play at least two (2) full uninterrupted periods at the earliest opportunity.** Substitutions during a period may be made ONLY due to injury or foul out situations unless it's between two players who have already met their full two period minimum play requirement. Injured players must return if capable.

A player eligible for minimum play is defined as any uniformed player in attendance before the start of the second period. If a child shows up after the beginning of the second period, only one period is required. No Player can play four (4) quarters unless every other player has played three (3). No player can play three (3) quarters unless every other player has played two (2) or playing their second in conjunction with a player playing their third. Violation of this will result in a technical foul called on the team making the infraction. Play will stop and the correct substitution will be made. **The second violation of the rule will result in forfeiture of the game.** Coaches may inquire the official scorekeeper before play starts to ensure substitutions were made correctly. Repeated violation of this rule is grounds for suspension and/or removal of the coach.

15. Injuries: Players that are removed from play because of an injury and are capable of returning must do so. Every effort will be made to meet the minimum play requirements. Final decision with regard to minimum play in the event of an injury rests with the game officials and official scorekeeper. If a child shows up after the beginning of the second quarter, only one quarter is required.

16. Coaches must notify the official score keeper of all players that are **not present**.

17. The ball must **be released by the shooter** before players lining the lane can enter the free throw lane during free throw situations. All other players must allow the ball to hit the rim before entering, this includes the shooter.

18. Each player will attempt one free-throw during half time; one point per successful attempt will be added to the team's score accordingly. Differences in the number of players per team will be equalized by coach with fewer players choosing players to shoot twice to equal total shots by each team, players shooting twice must be selected from those that did not make their first shot. If there are cheerleaders, they will perform after both teams have shot their free throws.

19. Defenses may play Man to Man or Zone defense. See rule 5.

20. Sportsmanship with regards to the score: Remember, we are helping the kids to learn to play the game. Huge point spreads do not give either team a good feeling. Fast Breaks will not be allowed when a team has a 15-point lead. It is KRA's belief that coaches know and understand when a game is "put away" and requests that coaches show good sportsmanship. This includes backing down the defense to a zone picking up the offense at the top of the key.

Disciplinary (conduct) Rules

1. Any player, coach, or spectator guilty of striking an official in any manner on City property during or after a game shall be suspended indefinitely from participating in any league sponsored by the Parks and Recreation Department in accordance with Community League Parks and Recreation Department bylaws.

2. Any player or coach ejected from the game by an official for unsportsmanlike conduct shall be automatically suspended for a minimum of one game, depending on action could be more. No official notice of this suspension shall be necessary. The head official will notify the league commissioner of the suspension. In the event a player or coach deviates from this ruling, it will constitute a forfeit and the team not at fault will receive credit for a win. Additionally, the player or coach who deviated from this rule will be suspended for an additional game to be played by their team. Suspended coaches are not allowed to participate or stand on the sidelines while serving a suspension.