The Colony Parks and Recreation Department
Youth Basketball Rules

Revised 10/7/2026

National Federation Rules and UIL Guidelines will apply with the exception of the T.A.A.F. Rules listed here.

Division	Game Length	Basket	Ball Size
5 & Under	4 Six Min. Qtrs.	8ft. 6in.	Junior (27.5)
7 & Under Girls	4 Six Min. Qtrs.	8ft. 6in.	Womens (28.5)
7 & Under Boys	4 Six Min. Qtrs.	8ft. 6in.	Womens (28.5)
9 & Under Girls	4 Eight Min. Qtrs.	10ft.	Womens (28.5)
9 & Under Boys	4 Eight Min. Qtrs.	10ft.	Womens (28.5)
11 & Under Girls	4 Eight Min. Qtrs.	10ft.	Womens (28.5)
11 & Under Boys	4 Eight Min. Qtrs.	10ft.	Mens (29.5)
13 & Under Girls	4 Eight Min. Qtrs.	10ft.	Womens (28.5)
13 & Under Boys	4 Eight Min. Qtrs.	10ft.	Mens (29.5)

I. Playing Time:

1. Each game will consist of 4 quarters with a 2 minute half time break.
2. The clock will run continuously except for time-outs, injuries, free throws, and the last 2 minutes of each half. 5 & Under: the clock will run continuously except for time-outs and injuries.
3. During the last 2 minutes, the clock will stop at all dead ball situations. However, if one team is ahead by 15 or more points during the last 2 minutes of each half, then the clock will remain running except for time-outs, injuries or free throws.

II. Overtime:

1. There will be no tie ball games.
    a. If a game is tied at the end of regulation play, then there will be one 2 minute overtime period
    b. If a game is tied at the end of the overtime period, a sudden death overtime will be played until a team scores. (Sudden Death Overtime: First team to score wins)
    c. The clock will stop at all dead ball situations during overtime periods.

III. Playing Requirements:

1. Playing Format
    a. 5U Coed – 4v4
    b. All other divisions – 5v5
2. The coach is responsible for designating starters for each game and to note these starters on the scoresheet. These starters **MUST** play the entire first quarter. No substitutions are allowed (Exception: a player may be taken out due to an injury but must return to the game as soon as they are able to).
    a. 5U COED – Must designate 4 starters
    b. All other divisions – Must designate 5 starters
3. All remaining players are automatic starters for the second quarter and **MUST** play the entire second quarter without substitution (See exception above).
4. If there are fewer than 4 (5U) or 5 (All other divisions) remaining players to start the second quarter, only those players who played the **ENTIRE** first quarter are eligible for substitution.
5. Coaches are free to designate playing time as they see fit during the entire second half. However, each player must enter the game at least once during the second half. Coaches are expected to fairly distribute playing time in the spirit of a recreational and educational youth basketball league.

IV. Team Benches

1. The home team will sit on the right side of the scoreboard, and the away team will sit on the left side of the scoreboard.
2. Coaches must stay within their team bench area during the game and may not step on the court in any capacity during play. The team bench area consists of 5 feet away from the score table and to about the free throw line on the court.
3. Only 2 background check cleared coaches may be on the sideline at one time. During game play there may only be one coach standing and the other must be sitting.

V. Court Format

1. 5U COED – Will play on a smaller side court.
2. All other Division – Will play on a full regular sized court.

VI. Full Court Defense:

- **5 & Under** - There will be no full court defense allowed at any time. When possession is established, the defending team must retreat behind the half court line within 5 seconds. **Penalty**: Offensive team receives the ball at half court. However, if a team consistently violates the full court defense rule with repeated warnings, the referee may call a technical foul against the bench.
- **7 & Under** - There will be no full court defense allowed except during the last 1 minute of each half and during overtime, providing the point spread is not 15 or more points. If the point spread is 15 or more points, only the team trailing may play full court defense until the point spread is less than 15 points. **Penalty**: First time is a verbal warning; second time will result in a technical foul called against the bench.
- **9 & Under** - There will be no full court defense allowed except during the last 2 minutes of each half and during overtime, providing the point spread is not 15 or more points. If the point spread is 15 or more points, only the team trailing may play full court defense until the point spread is less than 15 points. **Penalty**: First time is a verbal warning; second time will result in a technical foul called against the bench.
- **11 & Under -** Full court defense may be played at any time providing the point spread is not 15 or more points. If the point spread is 15 or more points, only the team trailing may play full court defense until the point spread is less than 15 points. **Penalty**: First time is a verbal warning; second time will result in a technical foul called against the bench.
- **13 & Under** - Full court defense may be played at any time providing the point spread is not 15 or more points. If the point spread is 15 or more points, only the team trailing may play full court defense until the point spread is less than 15 points. **Penalty**: First time is a verbal warning; second time will result in a technical foul called against the bench.

VII. Free throws:

- **5 & Under** - Will not shoot free throws at any time. Instead, the ball will be taken out of bounds at the point closest to where the foul occurred.
- **7 & under -** Will shoot from a free-throw line distance of 13.5 feet within 10 seconds after getting the ball.
- **9 & Under** - Will shoot from a free-throw line distance of 13.5 feet within 10 seconds after getting the ball.
- **11 & Under** - Will shoot from a free-throw line distance of 15 feet within 10 seconds after getting the ball.
- **13 & Under** - Will shoot from a free-throw line distance of 15 feet within 10 seconds after getting the ball.

VIII. Zone Defense:

1. No zone defense will be allowed in the 5 & Under division. Illegal defense calls will result in a dead ball
2. All other age divisions can play zone defense

IX. Lane Violations:

1. 5, 7, and 9 & under will play with 5 second lane violations
2. 11 and 13 & under will play with regulation 3 second lane violations

X. Time-Outs:

1. Teams will be allowed four (4) one minute time outs per game
2. Teams will get an additional one-minute time out per overtime period
3. Remaining timeouts from regulation will carry over into the overtime period

XI. Scoring:

1. 6 & Under will play without keeping any official score. Parents and coaches should not attempt to keep score during play.
2. All other divisions will keep score regularly.

XII. Fouls:

1. Personal Fouls – Each player is allowed five (5) personal fouls per game
2. Bonus – Beginning with a team's seventh (7) personal foul in each half, the bonus free throw shooting of "one and one" goes into effect.
3. Double Bonus – Beginning with a team's tenth (10) personal foul in each half, the double bonus free throw shooting of two free throws will be awarded for each foul.

XIII. Sportsmanship

1. Coaches, players, parents and/or other spectators that display un-sportsmanlike conduct will be asked by a league representative to leave the gym. The game will not continue until the situation has been resolved. Official's judgement calls are not to be disputed
2. Anyone given two technicals for unsportsmanlike conduct will be asked to leave the gym and will receive a one game suspension.
3. Anyone that receives multiple technicals throughout the season will be addressed. Suspensions might result depending on severity and other factors.

XIV. Standings:

1. Game time is forfeit time. A team must have 4 players present to begin a game. 6U may play 3v3.
    a. These tie breakers will be used to determine team standings:
        1. Winning percentage
        2. Head-to-head
        3. Total points differential (max 15 points)
        4. Total points against
        5. Coin toss
2. In all forfeits the score will be recorded as 10-0 in favor of the non-forfeiting team

XV. Miscellaneous:

4. No jewelry, headwear or other decorations may be worn during a game. Appropriate attire is determined by the referee.
5. Coaches, players, parents and/or other spectators that display un-sportsmanlike conduct will be asked by a league representative to leave the gym. The game will not continue until the situation has been resolved. Official's judgement calls are not to be disputed
6. Age qualification based on age on 9/1/2026.