

FOX 56

Junior Wildcat Youth Basketball Program

Game Rules

Training League

1. Goal is 9'
2. Ball size is 28.5" (intermediate size)
3. Foul line is 10' (white line) and no violation will be called on shooter.
4. Games consist of five periods of 7 minutes each. The clock will stop on dead balls in the last minute of the 5th period. The clock will only restart in the final period after the ball has crossed half court. The clock will stop during the game on timeouts, injuries, and technical fouls. One minute interval between periods.
5. Players must play at least 11 minutes. Teams may only substitute between periods.
6. No backcourt defense. Team clearly losing possession of ball must drop back on defense and may not challenge offense until offense crosses center line completely (body and basketball). The first two violations of back-court defense rule will result in a warning and the offense taking the ball out of bounds. Any subsequent violation will result in the offense shooting one technical free throw and retaining possession.
7. Turnovers will not be called in the back-court, including out of bounds, other than 15 second violation.
8. 15 second backcourt will be enforced. During the last two minutes of the game, 10 second back court will be enforced.
9. Overtime period is 2 minutes. A tie will be called if still tied after 1 overtime period.
10. Each team will have 2 full time outs per half. Overtime - each team will have 1 extra time out.
11. 3-pointers will NOT be counted.
12. The offense may only stay in the lane for 5 seconds.
13. Man-to-man defense only – NO zone defense. Players may double team 15 feet from the goal and in ONLY. Switching is permitted. The first two violations of the zone defense rule will result in a warning and the offense taking the ball out of bounds. Any subsequent violation will result in the offense shooting one technical free-throw and retaining possession.
14. Teams may not run isolation plays. The first two violations will result in a warning, and any subsequent violation will result in one technical free throw and loss of possession. Any points scored on isolation plays will be waived off.
15. Head coaches are responsible for the conduct of all personnel on their bench. A team may only have one coach standing at any given time.
16. Teams may be called for delay of game for not hurrying on substitutions, dead balls, and free throws. The first violation will result in a warning. Any subsequent violations will result in one technical foul shot and possession of the ball.

PLAYING REQUIREMENTS

- *Teams must have five players in a game at all times unless players are not available due to injury or disqualification.
- *All other high school basketball rules will apply.
- *Any player or coach that receives 2 technical fouls in one game will be ejected from the game. The KBA staff will determine any further action. KBA staff reserves the right to use judgment in the cases of fighting or behavior problems.
- *A team may only have one coach standing at any given time.**
- *Teams must have five players to begin a game. A 5 minute grace period will be given. If four players are present, teams may play a 4 on 4 game, with the team with more players receiving a forfeit win.