**BASKETBALL INFORMATION  
  
Our Basketball league is designed to develop fundamental basketball skills while learning teamwork, strategy, and sportsmanship. Athletes will learn basic strategies and rules of the game, and skills including shooting, passing, and dribbling. We are committed to developing the athlete as a whole, increasing self-confidence, balance, and social skills.**

* **​Divisions Offered Are: 6U, 8U, 10U, 12U, 14U, 16U**
* **AGE CUT OFF DATE IS SEPTEMBER 1ST of current school year**
* **Games are played on Saturdays and Sundays**
* **Registration includes:**
  + **7 season games**
  + **End of season single-elimination tournament**
  + **Opportunities to participate in clinics, tournaments, camps, and other SOA events**
* **SOA upholds a ZERO TOLERANCE policy for derogatory or vulgar language of any kind**
* **The SOA Code of Conduct is to be upheld at all time;  no warnings will be issued to offenders and offenders will be removed from the facility**
* **Smoking is not permitted on any SOA facility**
* **Standard of Athletics uses the basketball rules produced by The National Federation of High School Associations (NFHS), with the following modifications**

**Applicable To All Ages**

* **All Games are full court**
* **SUBSTITUTION RULES: EACH PLAYER MUST PLAY 10 MINUTES PER GAME.**

**(WE DO NOT TRACK THESE MINUTES, WE RELY ON OUR COACHES TO ABIDE BY THIS RULE}**

* **No Backcourt defense if a team is ahead by 20+ points**
* **Backcourt defense at 20+ points: 1st violation is a warning, 2nd is an administrative technical foul per half**
* **All games are 5 on 5.  Teams may start a game with 4 players, but the opposing team is not required to match the number of players**
* **Each game will start with a jump ball**
* **Possession will alternate each quarter/half, jump ball or double foul**
* **Teams will take free throw positions as normal block allows**
* **Free throws will begin play when the basketball is released, except for the free-thrower**
* **Half time is a maximum of 2 minutes**
* **Two time outs per half, no carryovers. 30 second each**
* **ALL JERSEY'S MUST BE EXACTLY THE SAME and must be worn for all games unless approved by a league representative; violation will result in a one technical foul charged directly to the head coach per unauthorized jersey (THIS MANDATORY SHOT MUST BE TAKEN AT THE BEGINNING OF THE QUARTER; the opposing team is not required to switch to the opposite color) ie. If your team has their own jersey's and you have two players that do not wish to purchase your team jersey, you must ALL wear the SOA jersey that is part of the registration package.**
* **IF YOU ARE PROVIDING YOUR OWN TEAM JERSEYS, JERSEYS MAY NOT REPRESENT ANY OTHER LEAGUE, MUST NOT BE INAPPROPRIATE, AND MUST BE REVERSIBLE (BOTH LIGHT ( HOME) AND DARK (AWAY) COLOR OPTIONS) WITH A CLEAR NUMBER ON THE BACK**
* **Regulation scoring with three pointers on marked courts. Does not apply to 6U or 8UB divisions, regardless of markings**
* **Coaches must verify ROSTER on score sheet before each game, if players are added after start of game, a technical foul is given for each player added.**
* **Unsportsmanlike conduct will result in a technical foul and possession of ball to the opposing team**
* **Unsportsmanlike conduct by a Coach will result in the coach being required to be seated for the remainder of the game; seated Assistant Coach may then stand in as Head Coach for the remainder of the game**
* **If a player receives TWO TECHNICAL FOULS, that player will be asked to leave the premises with a parent or legal guardian; they will also be issued a ONE GAME SUSPENSION for the following game where they are not allowed to play nor will they be allowed to sit on the bench**
* **A 3 minute overtime period with a running clock, except for timeouts and the last minute of the game, will be played in a case of a tie. One timeout per coach during this period. If a game is not won during the overtime period, a 3 minute sudden death will be played. First team to score wins**
* **Game time is forfeit time, no grace period allowed unless previously discussed with league/site director. Any team that forfeits two or more games during the season may not be eligible for tournament play**
* **Undershirts may be worn**
* **Cloth wristbands may be worn - a single item may be worn on each wrist, and it must be worn below the elbow and not on the legs.**
* **Mercy rule will be implemented when a team leads by more than 20 points; score keeping clock will be turned OFF when a team has a 20 point or more lead over its opponent**
* **The clock will not stop in the last two minutes of the game if the score margin is 20 points or more**
* **When mercy rule is implemented, score keeping will continue at the time keeping table on the official score sheet**
* **If a team starts to comeback within 10 points and within 2 minutes left in the game, teams will be evaluated by SOA Directors to turn score keeping back on. These requirements are a must in all mercy rule evaluations.**

**6U RULES**

* **Maximum of 10 players per team is recommended**
* **Junior ball (27.5 in.)**
* **Goal height is 8.5ft**
* **No lane violations**
* **Only two timeouts allowed per half**
* **Free throw is 8ft from basket. Player may land over line**
* **SUBSTITUTION RULES: EACH PLAYER MUST PLAY 10 MINUTES PER GAME**
* **Game length is  four 8 minute quarters**
* **Stealing is only allowed inside the paint and off of passes. The player may not strip the ball or take it from the offenses hands outside the paint.**
* **No shooting of 1 and 1**
* **Zone or mane defenses are allowed. Double team is allowed in the paint ONLY**
* **No reaching allowed. Must guard with arms up**
* **No back court defense allowed**
* **Defense must back up to the half court line**
* **Clock runs except for time outs and the last 2 minutes of the 4th quarter**
* **Clock will stop for all technical fouls**
* **LAST TWO MINUTES OF THE 4TH QUARTER, THE CLOCK WILL NOT START UNTIL THE OFFENSIVE TEAM CROSSES THE MIDCOURT LINE**
* **Players foul out on the 5th foul**
* **Zone or man defenses are allowed. Double team is allowed in the paint ONLY**
* **No reaching allowed and hands straight up, unless in deny**
* **Illegal play or unsportsmanlike conduct; 1st violation is a warning, 2nd is an admin. 1 shot technical foul and possession of the ball**
* **One coach from each team is allowed on the court during the game to instruct the players only if they do not interfere with game, other coaches or refs**
* **Only THREE coaches allowed on the bench with players.​ TWO must be seated at all times. If the head coach is assessed or indirect tech foul he must remain seated for the rest of the game.**

**8UB (Beginner to Intermediate) RULES**

* **Maximum of 10 players per team is recommended**
* **Half Court Press**
* **Junior ball (27.5 in.)**
* **Goal height is  8.5ft for 8UB**
* **No lane violations (unless violation is obviously intentional)**
* **Only two timeouts allowed per half**
* **Free throws are allowed from free throw line or 8ft from the basket**
* **SUBSTITUTION RULES: EACH PLAYER MUST PLAY 10 MINUTES PER GAME**
* **Game length  four 8 minute quarters (8UB)**
* **Time will be running clock except for time outs and the last 2 minutes of the 4th quarter. Clock will stop for all technical fouls. LAST TWO MINUTES OF THE 4TH QUARTER, THE CLOCK WILL NOT START UNTIL THE OFFENSIVE TEAM CROSSES THE MIDCOURT LINE**
* **Players foul out on the 5th foul**
* **No shooting of 1 and 1**
* **Stealing is only allowed inside the paint and off of passes. The player may not strip the ball or take it from the offenses hands outside the paint.**
* **Zone and Man to Man defenses are allowed. Double team is allowed in the paint ONLY**
* **No reaching allowed outside the paint. Must guard with arms up unless in deny**
* **No back court defense allowed**
* **Defense must back up to the half court line**
* **Illegal play or unsportsmanlike conduct; 1st violation is a warning, 2nd is an admin. 1 shot technical foul and possession of the ball**

**Only THREE coaches allowed on the bench with players. TWO must be seated at all times. ONE assistant coach & ONE sportsmanship advisor/team parent If the head coach is assessed or indirect tech foul he must remain seated for the rest of the game  
  
\*In the event that there are not enough teams to have separate divisions, rules will be modified based on competition levels  
  
8UA (Advanced/Club) RULES**

* **Maximum of 10 players per team is recommended**
* **Full Court Press**
* **Compact ball (28.5 in.)**
* **Goal height is 10ft for 8UA**
* **Three second lane violations**
* **Only two timeouts allowed per half**
* **SUBSTITUTION RULES: EACH PLAYER MUST PLAY 10 MINUTES PER GAME**
* **Free throws are allowed from free throw line. Players may land over line**
* **Game length four 10 minute quarters (8UA)**
* **Time will be running clock except for time outs and the last 2 minutes of the 4th quarter. Clock will stop for all technical fouls**
* **Players foul out on the 5th foul**
* **Shooting of 1 and 1 is allowed at the 7th foul. After the 10th team foul, two shots will be awarded to the opposing team**
* **Stealing is allowed**
* **No stalling or isolation plays. 10 seconds to begin to advance ball past the half court line. 1st isolation violation is a warning, 2nd is technical foul charged to head coach**
* **Man to man, Zone defense and full court press is allowed**
* **Back court defense is allowed**
* **Illegal play or unsportsmanlike conduct; 1st violation is a warning, 2nd is an admin and the player must be seated the remainder of the game. 1 shot technical foul and possession of the ball**

**Only THREE coaches allowed on the bench with players. TWO must be seated at all times. ONE assistant coach & ONE sportsmanship advisor/team parent If the head coach is assessed or indirect tech foul he must remain seated for the rest of the game  
  
\*In the event that there are not enough teams to have separate divisions, rules will be modified based on competition levels  
   
 10UB (Beginner to Intermediate) RULES**

* **Maximum of 10 players per team is recommended**
* **Compact ball (28.5in)**
* **Goal height is 10ft**
* **Three second lane violations**
* **Only two timeouts allowed per half**
* **Free throw is from 15ft from basket. Players may not land over line**
* **SUBSTITUTION RULES: EACH PLAYER MUST PLAY 10 MINUTES PER GAME.**
* **Game length four 10 minute quarters**
* **Time will be running clock except for time outs and the last 2 minutes of the 4th quarter. Clock will stop for all technical fouls. LAST TWO MINUTES OF THE 4TH QUARTER, THE CLOCK WILL NOT START UNTIL THE OFFENSIVE TEAM CROSSES THE MIDCOURT LINE.**
* **Players foul out on the 5th foul**
* **Teams will shoot 1 and 1 at the 7th team foul per half, 2 free throws at the 10th team foul per half**
* **No stalling or isolation plays. 5 seconds to begin to advance ball past the half court line. 1st isolation violation is a warning, 2nd is technical foul charged to head coach**
* **Man to man and Zone defense are allowed**
* **No back court defense allowed**
* **Defense must back up to the half court line**
* **Illegal play or unsportsmanlike conduct; 1st violation is a warning, 2nd is an admin and player must sit the remainder of the game. 1 shot technical foul and possession of the ball**

**Only THREE coaches allowed on the bench with players. TWO must be seated at all times. ONE assistant coach & ONE sportsmanship advisor/team parent If the head coach is assessed or indirect tech foul he must remain seated for the rest of the game  
  
\*In the event that there are not enough teams to have separate divisions, rules will be modified based on competition levels  
  
10UA (Advanced/Club) RULES**

* **Maximum of 10 players per team is recommended**
* **Compact ball (28.5in)**
* **Goal height is 10ft.**
* **Three second lane violations**
* **SUBSTITUTION RULES: EACH PLAYER MUST PLAY 10 MINUTES PER GAME.**
* **Only two timeouts allowed per half**
* **Free throw is from 15ft from basket. Players may not land over line**
* **Each player is required to play a minimum of 10 minutes in each game.  Each player must play in both halves of the game**
* **Game length four 10 minute quarters**
* **Time will be running clock except for time outs and the last 2 minutes of the 4th quarter. Clock will stop for all technical fouls. LAST TWO MINUTES OF THE 4TH QUARTER**
* **Players foul out on the 5th foul**
* **Teams will shoot 1 and 1 at the 7th team foul per half, 2 free throws at the 10th team fouls per half**
* **Man to man, Zone defense and full court press is allowed**
* **Illegal play or unsportsmanlike conduct; 1st violation is a warning, 2nd is an admin and player must sit remainder of game. 1 shot technical foul and possession of the ball**

**Only THREE coaches allowed on the bench with players. TWO must be seated at all times. If the head coach is assessed or indirect tech foul he must remain seated for the rest of the game  
  
\*In the event that there are not enough teams to have separate divisions, rules will be modified based on competition levels.  
   
12UB (Beginner to Intermediate) RULES**

* **Maximum of 10 players per team is recommended**
* **Offical ball (29.5in.)**
* **Goal height is 10 ft.**
* **Three second lane violations.**
* **Only two timeouts allowed per half**
* **Free throw is 15 ft from basket. Players may not land over line**
* **SUBSTITUTION RULES: EACH PLAYER MUST PLAY 10 MINUTES PER GAME.**
* **Game length (4) 10 minute quarters**
* **Time will be running clock except for time outs and the last 2 minutes of the 4th quarter. Clock will stop for all technical fouls. LAST TWO MINUTES OF THE 4TH QUARTER**
* **Players foul out on the 5th foul**
* **Teams will shoot 1 and 1 at the 7th team foul per half, 2 free throws at the 10th team foul per half**
* **No restrictions on half-court defense**
* **Illegal play or unsportsmanlike conduct; 1st violation is a warning, 2nd is an admin and player will be asked to sit the remainder of the game. 1 shot technical foul and possession of the ball**

**Only THREE coaches allowed on the bench with players. TWO must be seated at all times. ONE assistant coach & ONE sportsmanship advisor/team parent If the head coach is assessed or indirect tech foul he must remain seated for the rest of the game  
  
\*In the event that there are not enough teams to have separate divisions, rules will be modified based on competition levels  
   
 12UA (Advanced/Club) RULES**

* **Maximum of 10 players per team is recommended**
* **Official ball (29.5)**
* **Goal height is 10 ft**
* **Three second lane violations**
* **Only two timeouts allowed per half**
* **SUBSTITUTION RULES: EACH PLAYER MUST PLAY 10 MINUTES PER GAME.**
* **Free throw is from 15 ft from basket. Players may not land over line**
* **Each player is required to play a minimum of 10 minutes in each game.  Each player must play in both halves of the game**
* **Game length (4) 10 minute quarters**
* **Time will be running clock except for time outs and the last 2 minutes of the 4th quarter. Clock will stop for all technical fouls. LAST TWO MINUTES OF THE 4TH QUARTER**
* **Players foul out on the 5th foul**
* **Teams will shoot 1 and 1 at the 7th team foul per half, 2 free throws at the 10th team foul per half**
* **Man to man, Zone defense and full court press is allowed**
* **Illegal play or unsportsmanlike conduct; 1st violation is a warning, 2nd is an admin and the player must sit the remainder of the game. 1 shot technical foul and possession of the ball**

**Only THREE coaches allowed on the bench with players. TWO must be seated at all times. ONE assistant coach & ONE sportsmanship advisor/team parent If the head coach is assessed or indirect tech foul he must remain seated for the rest of the game  
  
\*In the event that there are not enough teams to have separate divisions, rules will be modified based on competition levels  
   
14U & 16U RULES**

* **Maximum of 10 players per team is recommended**
* **Official size ball (29.5)**
* **Goal height is 10ft.**
* **Three second lane violation**
* **Only two timeouts allowed per half**
* **Free throw is from 15ft from basket. Players may not land over line**
* **Each player is required to play a minimum of 10 minutes in each game.  Each player must play in both halves of the game**
* **Game length four 10 minute halves**
* **Time will be running clock except for time outs and the last 2 minutes of the 4th quarter. Clock will stop for all technical fouls. LAST TWO MINUTES OF THE 4TH QUARTER**
* **Players foul out on the 5th foul**
* **Teams will shoot 1 and 1 at the 7th team foul per half, 2 free throws at the 10th team foul per half**
* **Man to man or zone defense is allowed**
* **Illegal play or unsportsmanlike conduct; 1st violation is a warning, 2nd is an admin and the player must sit the remainder of the game. 1 shot technical foul and possession of the ball**

**Only THREE coaches allowed on the bench with players. TWO must be seated at all times.**