



Youth Hoops Cheat Sheet



LEAGUES	QUARTER LENGTH	BASKET HEIGHT	BASKETBALL SIZE	FREE THROW	LANE VIOLATION	SUBSTITUTE ALLOWED	TIMEOUTS ALLOWED	CLOCK & SCOREBOARD	DEFENSIVE REGULATIONS
Mini Hoopers cross-court	8 minutes	8" basket	Junior	12" line	None	<u>Only</u> at the mid-quarter automatic timeouts, between periods or during Official Timeouts (injuries ejections, etc).	Coaches may not call timeouts.	Running clock except in last 2 minutes of a close game—10 points or less. Game score will not be displayed on the scoreboard.	No zone defense allowed. No press allowed. Players should retreat to half-court. No double teaming (*See rules for exceptions/explanation).
Girls 3-4 cross-court Boys 3 cross-court Boys 4 cross-court	8 minutes	9" basket	Junior	12" line	5 seconds	<u>Only</u> at the mid-quarter automatic timeouts, between periods or during Official Timeouts (injuries ejections, etc).	Coaches may not call timeouts.	Running clock except in last 2 minutes of a close game—10 points or less. Game score will not be displayed on the scoreboard.	No zone defense allowed. No press allowed. Players should retreat to half-court. No double teaming (*See rules for exceptions/explanation).
Girls 5-6 Boys 5-6	10 minutes	10" basket	Intermediate	15" line	3 seconds	Any dead ball.	Teams allowed 2 timeouts per half.	Running clock except in last 2 minutes of a close game—10 points or less. Scoreboard will not show any margin greater than 20 points.	No zone defense allowed. Man-to-man pressing allowed ONLY in the last two minutes of the game. (*If team ahead by 10 or more points they MAY NOT press.) No double teaming (*See rules for exceptions/explanation).
Girls 7-8	10 minutes	10" basket	Intermediate	15" line	3 seconds	Any dead ball.	Teams allowed 2 timeouts per half.	Running clock except in last 2 minutes of a close game—10 points or less. Scoreboard will not show any margin greater than 20 points.	Zone defense is allowed. Man-to-man pressing allowed. (*If team ahead by 10 or more points they MAY NOT press.)
Boys 7-8	10 minutes	10" basket	Official size	15" line	3 seconds	Any dead ball.	Teams allowed 2 timeouts per half.	Running clock except in last 2 minutes of a close game—10 points or less. Scoreboard will not show any margin greater than 20 points.	Zone defense is allowed. Man-to-man pressing allowed. (*If team ahead by 10 or more points they MAY NOT press.)