



Youth Basketball

General Information

All participants are responsible for the information contained in this manual.

Rules and regulations not contained in this manual or in any handout materials will be governed by the NFHS rules manual. When possible officials will be NFHS certified.

Elastic Clause: The League Manager shall have complete charge of the Youth Sports League. Any and all situations not specifically covered by these rules shall be acted upon by the League Manager, and all actions by the League Manager will be FINAL.

If there are any further questions or ideas regarding the Youth Basketball League, please contact the league manager.

Amendments

1. This manual or any section thereof, may be amended by the Town of Wellington Parks and Recreation through evaluation by, and with the feedback from, coaches, referees, etcetera, as deemed necessary.
2. If you have questions, ideas, or need information on the Youth Basketball League, please call our office at (970) 568-7410 Monday through Thursday 7:30 AM – 5:00 PM and Friday 8:00 AM – 12:00 PM.



Wellington Recreation modifications to the National Federation of High Schools Basketball rules. Visit www.nfhs.org to purchase a rulebook.

Purpose

The purpose of the league run by Wellington Parks and Recreation is to provide kids with the opportunity for learning and fun in a safe environment. Friendly competition and sportsmanship will be emphasized. Our main goal is for all participants (players, coaches, parents, etc.) to have fun while building athletic, team, and social skills.

1. Rosters:

- a. All ages will play 5v5.
- b. Maximum players on a roster is ten (10).
- c. Only players registered through Wellington Parks and Recreation are eligible to play.
- d. Participants will be divided into teams based on location and time they registered for.
- e. Please do not tell a parents or children there is room on a team.
- f. Direct all interested parties to contact the Parks and Recreation Office to inquire about participation.

2. Start of Game:

- a. All leagues will start each game with a jump ball then possession determined by possession arrow.

3. Timing:

- a. All 8U and 10U games consist of four (4) eight (8) minute quarters using a running clock.
 - i. There is a one (1) minute break between quarter one (1) and two (2), and between quarter three (3) and four (4).
 - ii. Half time is three (3) minutes between quarter two (2) and three (3).
- b. All 12U games consist of four (4) ten (10) minute quarters using a running clock.
 - i. There is a one (1) minute break between quarter one (1) and two (2), and between quarter three (3) and four (4).
 - ii. Half time is three (3) minutes between quarter two (2) and three (3).

4. Clock:

- a. The clock is a running clock and only stops for timeouts and player injuries.

5. Ball Size:

- a. 8U will use 25.5" or a youth sized ball and the rim is eight and one-half feet tall (8.5').
- b. 10U will use 27.5" ball and the rim is eight and a one-half feet tall (8.5').
- c. 12U will use 28.5" and the rim is regulation, ten feet tall (10').



6. Time-Outs:

- a. Each team will be allowed two timeouts during the first half (quarters one (1) and two (2)) and another two timeouts in the second half (quarters three (3) and four (4)).
- b. Timeouts cannot be carried over from the first half into the second half.
- c. Any player on the court may call a timeout or any coach.
- d. The timeouts are no more than 30 seconds.

7. Full Court Press:

- a. Full court press is not allowed except for 12U in the last quarter.
- b. 8U and 10U: Anytime there is a change in possession, the defense must drop behind the three-point (3-point) line on their defending basket.
 - i. Once the offensive player with the basketball crosses the three-point line, the defense is free to guard above and below the three-point line
- c. 12U: Anytime there is a change in possession, the defense must drop behind the half court line on their defending basket.
 - i. Once the offensive player with the basketball crosses the half court line, the defense is free to guard below the half court line.
 - ii. Full court press is allowed in the fourth quarter.
- d. 8U and 10U: Violations will result in a warning. Play will be stopped and the team with possession of the ball will take the ball out and throw it in.
- e. 12U: First two violations result in a warning. The third violation results in a team technical foul. The other team shoots one free throw and is awarded possession of the ball after the free throw is taken.

8. Zone Defense:

- a. There is no zone defense except in 12U.
- b. 8U and 10U must play player-to-player defense with like colored wrist bands.
 - i. During a fast break, the player closest to the ball, regardless of wristband color, may defend the ball until the matching wristband defender arrives, at which point standard player-to-player defense should resume. This has been updated in our rules and is attached to this email.
- c. Switching players is allowed only in 12U as they have the option to play man to man or zone defense.
- d. No double teaming allowed for 8U and 10U.
- e. Double teaming is allowed for 12U only inside of the “paint” of the key. It is then allowed for the entire 4th quarter as there is full court press.
- f. First two violations result in a warning.
- g. Third Violation results in a team technical foul. The other team shoots one free throw and is awarded possession of the ball after the free throw is taken.

9. Defense:



- a. 8U and 10U: No stealing the ball on a controlled dribble or when the player has control of the ball.
 - i. Defensive players can steal a pass, while the ball is in the air.
 - b. 12U: No stealing restrictions.
- 10. Three Pointer:**
- a. **8U and 10U:** Three (3) point baskets are counted as a two pointer.
 - b. **12U:** Three (3) point baskets count.
- 11. Mercy Rule:** If a team is leading by 14 points the score keepers will momentarily stop updating the score for the leading team until the losing team breaks into the mercy rule gap.
- a. 8U, 10U & 12U: 14pt mercy rule
- 12. Lane Violation:**
- a. 8U: No lane violation will be enforced.
 - b. 10U: Lane violations are enforced after 5 seconds.
 - c. 12U: Lane violations are enforced after 5 seconds.
- 13. Fouls:**
- a. No foul count will be kept.
 - b. Free throws awarded for shooting fouls only.
 - c. If a basket is made and a foul is committed, the basket will count, and one (1) free throw will be awarded.
 - d. If the basket is not made and a foul is committed, two (2) free throws will be awarded.
 - e. Officials may ask players who repeatedly foul to sit for a minimum of five (5) minutes.
- 14. Technical Foul – Players:**
- a. Technical fouls may be called for poor sportsmanship.
 - i. If a player is given a technical foul for sportsmanship, they must sit out for the next five (5) minutes immediately following the foul.
 - ii. Any player ejected from a game will not be able to play in the next scheduled game. This does not excuse a player from practice the following week. Players **MUST** follow their regular schedule.
 - iii. The non-offending team will be rewarded the ball on the side of the court nearest the foul.
- 15. Technical Foul – Coaches:**
- a. If a coach receives two technical fouls during a game the coach will be ejected and suspended from the next game.
 - b. Three technical fouls in a season will result in automatic ejection from the program.



- c. The gym supervisor also can remove a coach for unruly behavior.
- d. Technical fouls by coaches also result in awarding the non-offending team the ball on their side of the court.
- e. Coaches can receive technical fouls for poor sportsmanship.

16. Substitutions:

- a. Substitutes can enter the game during a dead ball situation.
- b. Coaches should substitute players regularly.
- c. Coaches should make efforts to allow for equal playing time among the players.

17. No Forfeits:

- a. The site supervisor will handle any situations involving insufficient players.
Games may be modified to accommodate the number equal of players present.

18. Making the Call:

- a. Officials are responsible, after making a call, to explain the infraction to the player if the player does not understand the call.

19. Protest:

- a. No protests will be allowed. The site supervisor or the coordinator in charge of the program will handle any questions or disputes.

20. Required Playing Time:

- a. Any player that has attended regular practices must play at least half of the game.
- b. Every player must start at least half of the games.
- c. The gym supervisor or the recreation supervisor will handle any questions or disputes on this matter.
- d. A coach will notify the gym or recreation supervisor when a player is not going to play half the game and the reason why.

21. Required Attire:

- a. No jewelry allowed. Exceptions will be made for medical ID bracelets and religious medals which must be taped and approved by the referee or official. In addition, taping over any other jewelry is not permitted.
- b. All players must wear the required reversible white and navy Denver Nuggets jersey. This jersey was included in the registration fee. The white will be the home team, and the navy will be the visitor team.
- c. Gym shorts, sweatpants, or warm-up pants are recommended.
- d. No players will be allowed on the gym floor without tennis or basketball non-marking sole shoes.
- e. Mouth guards are not required but are highly recommended.
- f. The gym supervisor will make any decision on proper attire and their decision will be final.



22. Spectators:

- a. A parent or fan that is loud, obnoxious, or disrupts the game will be asked to leave the premises. Anyone asked to leave must do so immediately and quietly.

23. Coach and Player Seating:

- a. Players sit on the opposite side of the parents.

24. Free Throws:

- a. Taken from the regulation 15-foot free throw line. This will be at a 14-foot distance for the 8U and 10U leagues as they will be using an adjustable rim.
- b. All players must remain outside of the paint until the ball hits either the rim, backboard, or the basket.

25. All Other Rules:

- a. The current National High School Federation (NFHS) rulebook will apply to all other situations not listed above.

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