



2026 Youth Basketball League Rules

Games are played using the 2025 - 2026 National Federation of High School rule-book, with the exceptions noted below.

11-14 Year Boys and Girls

Games are played at the Isle of Palms Recreation Center on Thursdays and/or Saturdays. There is a single elimination tournament that follows the season.

1. Games are played on a full court using the 10 foot baskets and a 29.5 full size ball. Games will be played 5 on 5. **Game time = forfeit time, no exceptions made. An OFFICIAL game can be played with a minimum of four players.**
2. **Timing:** Four (4), six (6) minute quarters of regulation time. Half time is 3 minutes. Each team is allowed 2 timeouts per half. Timeouts do not carry over from 1st half to 2nd half. Timeouts are 60 seconds.
3. Backcourt guarding is allowed. If a team has a 10 point lead over another team, they will not be allowed to backcourt guard.
4. **Playing Requirements:** Each player must play a minimum of 12 minutes (2 quarters or half the game); the 12 minute time span can be spread over the entire game.
5. A coach may hold a player out of the game for the following reasons: injury, sickness, or disciplinary actions. The coach must notify the Recreation Department, the individual's parents, and the scorekeeper prior to the start of the game with justification for disciplinary action.
6. The clock will only stop when a free throw is taking place and at the last minute of the 2nd and 4th quarters.
7. Two point shots and three point shots are recorded.
8. Any coach or player ejected from a game by the referee must leave the gymnasium immediately or the game will be forfeited. Any player or coach that is ejected will automatically be suspended for a minimum of one game. The Recreation Department will determine if further action is necessary.
9. **Overtime** is 2 minutes of regulation clock. If the game is still tied after 2 minutes, the game will be recorded as a tie (*only in a regular season game*). Each team is given one time out to be used in overtime.
10. **Fouls are kept.** Players foul out of the game with five (5) fouls. On the teams 5th foul, the opposing team is in the 2 shot foul shot bonus. Total team fouls start over (reset to 0) each quarter. Inform coaches when a player receives a total of 3 fouls.

11. Conduct:

- a) Players must remain on the bench during the game except when substituting or timeouts.
- b) Coaches must remain within the designated coaches box located in front of their team bench. The first violation will result as a technical foul. The second violation will result in the ejection of the coach.
- c) A coach or player(s) may not argue a call with an official before, during, or after a game.
- d) Profanity, alcohol, and tobacco products are not permitted on the Recreation property at any time
- e) Any player attempting to dunk will receive a Technical Foul, a second attempt will result in the player being ejected from the game.

12. Awards:

- a. Regular Season: Champions will receive individual medals.
- b. Single Elimination Tournament: Champions will receive individual medals.

13. To determine playoff seedings:

- a. First tiebreaker will be head to head victories
- b. Second tiebreaker will be lowest total amount of points scored against
- c. Third tiebreaker will be a coin flip

14. Shorts with pockets and/or zippers are not allowed. Jewelry, such as but not limited to, rings, earrings, bracelets, etc., is not allowed during practices or games. No Exceptions!!

***** The Recreation Department reserves the right to interpret all rules as they see fit for each particular situation. The Recreation Director will have the final decision.***