

Youth Basketball Cheat Sheet

	Ball	Goal Height	Free Throw Line	3 - Point Line	Time Limit	Overtime Period	Mandatory Subs	Time-Outs	Fast Break	Full / Back Press	Clock Stops
COED								Full = 1 min.			
6U	Junior (27.5)	8.5 ft.	12 ft.	16 ft.	6 min. quarters	one - 2 min quarter	Yes 1st-3rd quarters 3 minute intervals	2 Full / Per Game 30 sec. @ substitution	NO	NO	
			from center of rim	ball must penetrate the 3-point line							
8U	Intern. (28.5)	8.5 ft.	12 ft.	Regulation	8 min. quarters	one - 2 min quarter	Yes 1st-3rd quarters 4 minute intervals	2 Full / Per Game 30 sec. @ substitution	NO	NO	
			from center of rim								
GIRLS								Full = 1 min.			
10U	Intern. (28.5)	10 ft.	Regulation	Regulation	8 min. quarters	one - 2 min quarter	Yes 1st-3rd quarters	2 Full / Per Game	YES *	YES *	
12U	Intern. (28.5)	10 ft.	Regulation	Regulation	8 min. quarters	one - 2 min quarter	Yes 1st-3rd quarters 4 minute intervals	2 Full / Per Game	YES *	YES *	
								30 sec. @ substitution	* No fast breaks or press with 15 point lead		
BOYS								Full = 1 min.			
10U	Intern. (28.5)	10 ft.	Regulation	Regulation	8 min. quarters	one - 2 min quarter	Yes 1st-3rd quarters	2 Full / Per Game	YES *	YES *	
12U	Official (29.5)	10 ft.	Regulation	Regulation	8 min. quarters	one - 2 min quarter	Yes 1st-3rd quarters	2 Full / Per Game	YES *	YES *	
14U	Official (29.5)	10 ft.	Regulation	Regulation	8 min. quarters	one - 2 min quarter	Yes 1st-3rd quarters	2 Full / Per Game	YES *	YES *	
17U	Official (29.5)	10 ft.	Regulation	Regulation	8 min. quarters	one - 2 min quarter	Yes 1st-3rd quarters 4 minute intervals	2 Full / Per Game 30 sec. @ substitution	YES *	YES *	
									* No fast breaks or press with 15 point lead		

*** 6U League- one coach may be on the floor at all times

*** 8U League - one coach may be on the floor for the first two games only

*** Straps must be worn on all glasses. *** No beads or hard objects in players hair or jewelry of any kind.

Stops on time-outs,
mandatory subs,
foul shots, injuries,
and the last ONE
minute of each half
on the whistle.
(Also during
overtime period
on every whistle)