

All Roanoke County Parks, Recreation and Tourism Youth Basketball games will play in accordance with the National Federation of State High Schools rules except for the local league rules listed below. It is recommended that each coach download a rule book from the NFHS. Online at www.nfhs.org

2025-2026 Local League Basketball Rules

Age Requirements

	League Age	Birthday Range
07U	6 Years Old	10/01/18 – 9/30/19
	7 Years Old	10/01/17 – 9/30/18
09U	8 Years Old	10/01/16 – 9/30/17
	9 Years Old	10/01/15 – 9/30/16
11U	10 Years Old	10/01/14 – 9/30/15
	11 Years Old	10/01/13 – 9/30/14
13U	12 Years Old	10/01/12 – 9/30/13
	13 Years Old	10/01/11 – 9/30/12

Regulations

1. Teams should be formed using a fair and equitable draft procedure.
2. Team rosters should include **at least 10 players**. Any deviation of roster numbers must have the approval from Roanoke County PRT Athletics office.
3. Team rosters must be filed with the Youth Athletic Department by 5:00 p.m. **Monday, November 3rd** and must show **name, address, birthdate, league age, the school each player attends, division and head coach's last name**.
4. Players on each team's roster must meet the eligibility guidelines set forth by the Club's hosting Recreation Department. **Each Recreation Club is responsible for verifying the information on their clubs rosters.** If players are found playing on an incorrect team based on the eligibility guidelines set forth by the Clubs hosting Recreation Department, the player will be removed from the team. Please note that the team may be required to forfeit the games played with an ineligible player if the Clubs hosting Recreation Department determines that the Club, Coach or Player intentionally attempted to fraud the program.
5. No player may be on more than one active Roanoke County Parks, Recreation and Tourism roster. Guest players are **NOT** permitted.
6. Only screened youth coaches with a current Roanoke County PRT coaching badge are permitted to lead or participate in games, practices or scrimmages.
7. Coaches are required to wear their Roanoke County PRT coaching badge at all times during team practices, scrimmages and games.
8. No players can be added to a roster once regular season games begin unless the team features less than 6 active players and permission is granted by the Clubs hosting Department.

Equipment Regulations

Ball Sizes

a. 07U Boys	27 1/2 inches	16-18 ounces	International Size 5
b. 09U Boys	28 1/2 inches	18-20 ounces	International Size 6
c. 11U Boys	28 1/2 inches	18-20 ounces	International Size 6
d. 13U Boys	29 1/2 inches	20-22 ounces	International Size 7
e. 07U Girls	27 1/2 inches	16-18 ounces	International Size 5
f. 09U Girls	27 1/2 inches	16-18 ounces	International Size 5
g. 11U Girls	27 1/2 inches	16-18 ounces	International Size 5
h. 13U Girls	28 1/2 inches	18-20 ounces	International Size 6

2. Team members are to wear uniforms to gym as teams will not have access to locker rooms.
3. Players MUST wear the matching uniforms or at least matching t-shirts with a number on the back.
4. Teams cannot have multiple jerseys with the same number.
5. Jersey numbers must consist of digits 0, 1, 2, 3, 4 and 5 only.
6. With reversible jerseys and whenever possible, home team should wear white/light colored jersey and visiting team should wear dark colored jersey for game.

Concussion Management Regulations - It is the policy of Roanoke County Parks, Recreation and Tourism to follow the National Federation of State High School Association's guidelines for the management of concussions.

1. No athlete should return to play or practice on the same day of a suspected concussion.
2. The athlete's guardian should be immediately notified of the suspected concussion by a coach so that the athlete can be immediately evaluated by an appropriate health-care professional.
3. Any athlete who is suspected of a concussion must submit written medical clearance from an appropriate health-care professional prior to returning to practice or competition. Recreation Clubs must disallow players from participating until this document is produced.
4. Each youth sport coach must take the Heads Up: Concussion in Youth Sports online course from the Center for Disease Control. This online course can be found at
<https://www.cdc.gov/heads-up/training/youth-sports.html>

VA Mandated Reporting of Child Abuse and Neglect – We recommend coaches take the online course that lets you know what to look for and how to report child abuse and neglect. Here is the web address for the online training: https://www.dss.virginia.gov/family/cps/mandated_reporters/cwse5692/story.html

Practice Regulations

1. A practice schedule, containing the time, place and date for each team will be posted online one week before the practice season starts and again one week before the game season starts.
2. Any team wishing to change its posted practice schedule must work out a trade with another team within its rec club and inform the recreation club's coordinator so they can submit for approval by the Roanoke County PRT Athletics office more than 48 hours in advance so that the website may be updated.
3. If a team will not be using/wants to cancel one of its posted practices, this must be communicated to the recreation club coordinator so they can inform the Roanoke County PRT Athletics office more than 48 hours in advance so that the website may be updated and school and staffs are notified.

4. Each team (with the exception of 07U) will receive two practices per week. 07U teams will receive one practice per week, most likely over the weekend if space is available.
5. All youth basketball practices are scheduled for 75 minutes. Teams are limited to one event per day.
6. Team practice (including post practice meetings) should be finished before their scheduled time is over.
7. Teams should not plan to arrive early for practice as the gym is continually booked throughout the day.

Game Regulations

1. Pre-Game Information

- a. Each team must submit a typed lineup card in numerical order to the scorekeeper 10 minutes prior to the game.
- b. Only players listed on the official roster with Roanoke County are permitted to play. Guest players are NOT permitted.
- c. Coaches must show their Roanoke County PRT coaching badge to the Game Monitor at the scorer's table prior to the game.
- d. Teams will be given five (5) minutes from the start of scheduled tip off if a team does not have enough rostered players to play. If a team doesn't have enough players at the end of the five (5) minutes the team will forfeit. **NOTE:** Game officials are not allowed to officiate any scrimmages during this time.
- e. A 5:00 minute warm up period may be given before tipoff, if time allows.
- f. No game will start prior to scheduled game time unless both coaches agree.

2. Clock

- a. The game length will be 40:00 minutes divided into four (4) 10:00 minute quarters.
- b. The first three (3) quarters will be divided into 5:00 minute mini quarters to allow for the all play rule.
- c. A 30 second break will be given between mini quarters to allow for substitutions only.
- d. Mini quarters will be restarted by throw in under the alternating possession procedure.
- e. **All divisions will play with a running clock except:**
 - i. The final 2:00 minutes of the fourth quarter
 - ii. During an official's time out
 - iii. During a team time out
 - iv. During over time
- f. Half times will be 3:00 minutes

3. Score

- a. No score will be kept in the 09U Division

4. Mercy Rule

- a. Games which are being led **by 40 points** with less than 4:00 minutes, 30 points with less than 3:00 minutes or 20 points with less than 2:00 minutes remaining on the game clock will be considered final and the game will be stopped.

5. Time Outs

- a. Each team will be given three (3) full (60 second) time outs during the game.

- i. **Point of Emphasis:** Length of timeouts will be strictly enforced. Officials have been instructed to signal when 15 seconds are left in the timeout. Teams should be ready to play at the completion of the timeout.

6. Overtime

- a. One (1) 3:00 minute overtime will be played in the event of a tie.
- b. Clock will stop on all whistles.
- c. An additional time out will be awarded to both teams at the start of overtime.
- d. If after the overtime period the teams are still tied, the game is final and will be recorded as a tie.

7. Bench Rules

- a. Only the head coach may stand during game play.
- b. Only the head coach may confer with game officials during a game.
- c. The head coach is responsible for the actions of their assistant coaches, players and parents.
- d. Only three (3) coaches are allowed on the bench during a game.

8. Foul Shots

- a. 09U league players shooting free throws **may** shoot from the first tick mark in front of the free throw line. If a player chooses to shoot from this spot, the block closest to the shooter must be unoccupied.
- b. If a 09U player shoots from the free throw line, their momentum from a free throw attempt may take the player over the line provided the player is not the first person to touch the ball after a free throw attempt.
- c. A foul shot must take place within 10 seconds of the ball being placed at the disposal of the shooter. **Point of Emphasis:** Keeping free throws to their allocated time is a necessity with the running clock. Please make sure your team fully understands their responsibilities during a free throw.

9. Pressing

- a. 09U Division – **No pressing defenses will be allowed at any time. Defense must be behind the three-point arc until the ball has been established across mid court and a pass has been attempted.**
- b. 11U/13U Divisions - **There will be no PRESSING DEFENSES allowed when a team is ahead by ten (10) or more points.** The team that is ahead by ten (10) or more points must be behind the three-point arc until the ball has been established across mid court and a pass has been attempted.

10. All Play/All Sit Rule

- a. Coaches are strongly encouraged to play their players equal amounts of time.
- b. **Coaches are required to play and sit all players listed on their submitted game lineup the following amounts of time prior to the start of the 4th quarter.**

i. # on Players	Minimum Play Time	Minimum Sit Time
ii. 6 or 7	4 mini quarters (20 minutes)	1 mini quarter (5 minutes)
iii. 8 or 9	3 mini quarters (15 minutes)	2 mini quarters (10 minutes)
iv. 10 +	2 mini quarters (10 minutes)	2 mini quarters (10 minutes)

- c. The only players exempt from the all play rule are:
 - i. Players who have unexcused absences from the week's practice.

- ii. Players who are being disciplined with preapproved permission from Roanoke County.
- iii. Players who for health reasons cannot play the time required.
- d. Coaches must notify the head scorekeeper prior to the game of any player who is exempt from the all play rule and the reason.
- e. It is the responsibility of the head coach to ensure that all players meet the minimum play requirements. Failure to do so will be a two shot bench foul for each player not meeting the all play/all sit rules and the player(s) must meet their missed time during the 4th quarter. Please note that the coach may face additional disciplinary action.

11. Substitutions

- a. Players may not be substituted during a mini quarter unless:
 - i. The team substituting has satisfied their all play rule requirements.
 - ii. A player on the court is injured. Injured player should return as soon as possible.
 - iii. A player commits their 2nd foul of the mini quarter
 - iv. A player commits their 3rd foul of the first half.

12. Multiple Fouls

- a. If a player commits three fouls during a mini quarter, they are **required** to sit for the remainder of the mini quarter if a legal substitute is available.

13. Technical Fouls for Unsportsmanlike Conduct

- a. If a player receives a technical foul for unsportsmanlike conduct during a **mini quarter**, the player is **required to sit the remainder of the current mini quarter plus the next ten (10) minutes of the game clock.** A player's time on the bench for an unsportsmanlike technical foul counts towards their play time requirement for the mini quarter in which the unsportsmanlike technical foul was called.
- b. If a player receives a technical foul for unsportsmanlike conduct during the **4th quarter**, the player is **required to sit the remainder of the 4th quarter plus the first ten (10) minutes of the next scheduled game the player is in attendance.** A player's time on the bench for an unsportsmanlike technical foul counts towards their play time requirement.
- c. If any coach receives a technical foul or bench foul, the head coach must remain seated for the remainder of the game.

14. Officials

- a. are representatives of the league and are authorized and required to enforce all rules.
- b. have the authority to order a player, coach or fan to do or refrain from doing anything, which effects the administering of these rules, and to enforce the prescribed penalties.
- c. have the authority to disqualify any player, coach or fan for objecting to the decisions, for unsportsmanlike conduct, or inappropriate language and to remove such persons from the building.
- d. have the authority to rule on any point not specifically covered in these rules.
- e. No teams are permitted to select substitute officials if no County Officials are available to work the game. The game will be rescheduled at a later date.
- f. No team has the right to refuse any official assigned.

15. Site Supervisors

- a. are representatives of the league and are authorized and required to enforce all rules.
- b. have the authority to order a player, coach or fan to do or refrain from doing anything, which effects the administering of these rules, and to enforce the prescribed penalties.
- c. have the authority to disqualify any player, coach or fan for objecting to the decisions, for unsportsmanlike conduct, or inappropriate language and to remove such persons from the building.
- d. have the authority to rule on any point not specifically covered in these rules.

15. Protests

- a. Protests of NFHS rules are not permitted in accordance with NFHS Rule 1.1.11
- b. Protests of Local League rules are not permitted. If rules are not being properly interpreted, please contact the Parks and Recreation Office as soon as possible.
- c. Protests of player eligibility are permitted. Eligibility would include non-rostered players, age, residency or other factors which makes the player eligible when they should not be.
 - I. How to protest
 - a. Protest must be done during the game.
 - b. As soon as the player in question participates, call timeout and inform head official that you are protesting an opposing player due to ineligibility. Ask the official to notify the opposing coach. Please note that the game will continue as normal and the player is permitted to play.
 - c. Within 24 hours of game completion, an email must be submitted to the Athletics Division which should include game date, time, location, opponent, player protesting, and justification of protest (reason and knowledge why).
 - II. Protest Review
 - a. The Athletics Division will work with the appropriate recreation clubs to investigate and determine if the player is ineligible.
 - III. Protest Findings
 - a. If a team is found to be using an ineligible player, the team may be required to forfeit the games in which the player played.
 - b. If a team is found to knowingly using an ineligible player, the Head Coach may face additional punishments.
 - c. The decisions of the Athletics Division will be final. No appeals will be heard unless the suspension is for 3 or more games.
 - d. Suspensions of 3 or more games can be appealed to the appeals committee.

2025-2026 07U Instructional Youth Basketball

Local League Basketball Rules

A message from Roanoke County Parks, Recreation and Tourism - The purpose of the 07U Division is to provide youth who have limited or no previous organized basketball experience the opportunity to learn the sport in a safe, positive and fun environment. To achieve this, the following local league rules have been adopted for the league. Please note that coaches from each team are given certain liberties (official's assistant, free throw line up, etc.) that are not typical during organized team play. Coaches should use these opportunities to further teach children the game while deemphasizing winning and losing.

All Roanoke County Parks, Recreation and Tourism Youth Basketball Instructional Division games will play in accordance with the National Federation of State High Schools rules except for the local league rules listed below. It is recommended that each coach download a rule book from the NFHS. Online at www.nfhs.org

Coaches

- a. Each 07U team must have a minimum of two coaches. A maximum number of four (4) will be allowed for each game. This includes the one "coach official" that will be on the defensive baseline. There should NOT be a coach or "coach official" at mid court.

Score

- a. No score will be kept for 07U Division games

Goals

- a. 07U Division games will be played on 8' goals which are to be provided by the Recreation Club of the area where the game is being played.

Clock

- a. The game length will be 40:00 minutes divided into four (4) 10:00 minute quarters.
- b. The first three (3) quarters will be divided into 5:00 minute mini quarters to allow for the all play/all sit rule.
- c. A 30 second break will be given between mini quarters to allow for substitutions only.
- d. Mini quarters will be restarted by throw in under the alternating possession procedure.
- e. **07U Division games will play with a running clock except:**
 - i. During an official's time out
 - ii. During a team time out
- f. Half times will be 5:00 minutes

Substitutions

- a. Players may not be substituted during the first three quarters unless:
 - i. A player on the court is injured. Injured player should return as soon as possible.
 - ii. A player on the court receives a technical, intentional or flagrant foul for unsportsmanlike conduct.

Fouls

- a. All 07U players may receive unlimited fouls during a game. But overly aggressive play will not be tolerated.
- b. There will be no shooting fouls. The ball will be awarded to the fouled team from the nearest sideline of the infraction.

- c. If a player is removed for overly aggressive play then that player is **required** to sit the remainder of the current mini quarter plus the next five (5) minutes of the game clock.

Foul Shots Opportunity

- a. At halftime, both teams will shoot free throws on their respective baskets. Each player in attendance will be given 2 free throw attempts.
- b. Since no score is kept, a coach may set the player up for the foul shot from where they feel will allow the child the greatest opportunity to make the shot. Coaches are encouraged to have all 07U players shoot free throws from the tick mark in front of the free throw line.

Pressing

- a. **07U Division - there will be no pressing allowed at any time.**

Defensive Rules

- a. There will be no defense permitted outside of the 3 point line.
- b. Teams are required to play a zone defense during games.
- c. In-bound passes may not be guarded by a defensive player.

Offensive Rules

- a. When the defensive team gains possession of the ball after a turnover or made basket, the now offensive team must bring the ball up the court at a pace that does not pass the defense team.

Officials

- a. One coach from each team will act as a “coach official”
- b. The “coach official” will be stationed at their defensive baseline during play and be responsible for calling both offensive and defensive fouls on that end of the court.
- c. The “coach official” should not interfere with play including coaching during live ball situations.
- d. The “coach official” may explain the ruling to all players during dead ball situations.
- e. As an instructional non-scored league, the focus of the “coach official” should be on having fun, teaching the players the fundamentals of the game and teaching the rules of the game for future participation and development.

Site Supervisors

- a. Supervisors are representatives of the league and are authorized and required to enforce all rules.
- b. Supervisors have the authority to order a player, coach or fan to do or refrain from doing anything, which effects the administering of these rules, and to enforce the prescribed penalties.
- c. Supervisors have the authority to disqualify any player, coach or fan for objecting to the decisions, for unsportsmanlike conduct, or inappropriate language and to remove such persons from the building.
- d. Supervisors have the authority to rule on any point not specifically covered in these rules.