**Standard of Athletics Basketball Rules  
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For a more in depth look on SOA's referee's :**[**understanding\_soas\_referees.pdf**](http://weebly-file/3/8/4/7/38472373/understanding_soas_referees.pdf) **BASKETBALL INFORMATION  
  
Our Basketball league is designed to develop fundamental basketball skills while learning teamwork, strategy, and sportsmanship. Student Athletes will learn basic strategies and rules of the game, skills including shooting, passing, and dribbling as well as different defensive concepts. We are committed to developing the athlete as a whole, increasing self-confidence, balance, and social skills. Therefore, All players can only play on one team per age division unless granted special permission by the league.  
  
​Divisions Offered Are: 6U, 8U, 10U, 12U, 14U, HS.  
All divisions are divided into advanced and beginner divisions except 6U, 14U and HS.  
  
AGE CUT OFF DATE IS JANUARY 1ST of each year.  
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Games are played on Saturdays and Sundays.  
 Registration includes:**

* **7 season games (6 for Spring and Summer Leagues)**
* **1 game minimum in the End of season single-elimination tournament**

**Opportunities to participate in clinics, tournaments, camps, and other SOA events.  
SOA upholds a ZERO TOLERANCE policy for derogatory/vulgar language, and threats/fights of any kind.  
The SOA Code of Conduct is to be upheld at all time; no warnings will be issued to offenders and offenders will be removed from the facility.  
Smoking is not permitted on any SOA facility.  
No gum/outside food/drink on any SOA facility.  
Standard of Athletics uses the basketball rules produced by The National Federation of High School Associations (NFHS), with the following modifications.**

**Applicable To All Ages  
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All Games are full court.**

**At the 5th team foul, the player is to shoot 2 free throws PER QUARTER, there are no 1 and 1 free throws at any level.**

**A player fouls out at their 5th individual foul**

**Jersey's must be tucked in at all times.**

**No jewelry around neck or wrists.  
SUBSTITUTION RULES: EACH PLAYER MUST PLAY 10 MINUTES PER GAME.  
Players foul out after 5 fouls.  
(WE DO NOT TRACK THESE MINUTES, WE RELY ON OUR COACHES TO ABIDE BY THIS RULE}  
No Back court defense if a team is ahead by 20+ points. (Does not apply to HS)  
Back court defense at 20+ points: 1st violation is a warning, 2nd is an administrative technical foul per half.  
 All games are 5 on 5.  Teams may start a game with 4 players, but the opposing team is not required to match the number of players.  
Each game will start with a jump ball.  
Possession will alternate each quarter/half, jump ball, or double foul.  
Teams will take free throw positions as normal block allows.  
Free throws will begin play when the basketball is released, except for the free-thrower.  
Half time is a maximum of 3 minutes.  
Two time outs per half, no carryovers. 30 second each.  
ALL JERSEY'S MUST BE EXACTLY THE SAME and must be worn for all games unless approved by a league representative; violation will result in a one technical foul charged directly to the head coach per unauthorized jersey (THIS MANDATORY SHOT MUST BE TAKEN AT THE BEGINNING OF THE QUARTER; the opposing team is not required to switch to the opposite color) ie. If your team has their own jersey's and you have two players that do not wish to purchase your team jersey, you must ALL wear the SOA jersey that is part of the registration package.  
IF YOU ARE PROVIDING YOUR OWN TEAM JERSEYS, JERSEYS MAY NOT REPRESENT ANY OTHER LEAGUE, MUST NOT BE INAPPROPRIATE, AND HAVE (BOTH LIGHT /WHITE ( HOME) AND DARK (AWAY) COLOR OPTIONS WITH A CLEAR NUMBER ON THE BACK.  
Coaches must verify ROSTER on score sheet before each game.   
If a team plays an entire game with players NOT on their roster the opposing team will receive the win.  
Unsportsmanlike conduct will result in a technical foul, and possession of ball to the opposing team.  
Unsportsmanlike conduct by a Coach will result in the coach being required to be seated for the remainder of the game; seated Assistant Coach may then stand in as Head Coach for the remainder of the game.  
An indirect technical (too many players on the court) will be assessed to the Head Coach resulting in the 1st Technical foul. coach must sit the remainder of the game.  
All INDIRECT TECHNICALS WILL BE ASSESSED TO THE ACTIVE STANDING COACH. IF A TEAM HAS ONE COACH WHO RECEIVES 2 TECHNICAL FOULS DURING THE SPAN OF THE CURRENT GAME, THEN THAT COACH AND TEAM FORFEIT THE GAME.  
If a player receives TWO TECHNICAL FOULS, that player will be asked to leave the premises with a parent or legal guardian; Should a player receive multiple Technical Fouls in multiple games (2 per game in multiple games) that player will be asked to leave the league with no refunds.  
Should a player receive multiple technical in one game and no guardian is present​, the head coach of the player will assume guardianship and the player must go to the end of the bench until the remainder of the game.  
​Undershirts may be worn.  
Cloth wristbands may be worn - a single item may be worn on each wrist, and it must be worn below the elbow and not on the legs.  
Mercy rule will be implemented when a team leads by more than 20 points; score keeping clock will be turned OFF when a team has a 20 point or more lead over its opponent. However, the team that is down, the coach has the right to keep the score up.  
The clock will not stop in the last two minutes of the game if the score margin is 20 points or more.  
 When mercy rule is implemented, score keeping will continue at the time keeping table on the official score sheet.  
If a team starts to comeback within 10 points and within 2 minutes left in the game, teams will be evaluated by SOA Directors to turn score keeping back on. These requirements are a must in all mercy rule evaluations.**

**Overtime Rules  
 The first overtime game will be played with one 3-minute game.**

**Clock DOES stop on all dead balls and whistles.  
Foul counts will remain the same.  
Teams will be awarded ONLY 1 timeout per overtime game.  
Second overtime will be played with the first overtime rules.  
During the regular season if there is no clear winner after the second overtime, the game will go into sudden death, first team to score wins.  
During the playoffs the first overtime will be 3 minutes with a running clock until 1 minute left. The clock will then stop on all whistles and dead balls.  
​The second overtime will be 1 minute running clock all the way through. Clock DOES stop on deadballs and all whistles.**

**This is SOA's (standard of Athletics) most developmental league for ages 5 years to 7 years old. Our volunteer coaches understand that this opportunity is your child's first formal introduction into team sports and will demonstrate the upmost sincerity while coaching. At this level the games have loose rules to allow the players to get a feel for what the game of basketball is. One coach from each team is allowed the opportunity to step onto the court and guide players through further instruction for where they need to be. Please see the list below for all Standard of Athletic official 6U rules.  
  
  
6U RULES  
  
Maximum of 10 players per team is recommended.  
  
Junior ball (27.5 in.).  
  
Goal height is 8.5ft.  
  
No lane violations.  
  
Only two timeouts allowed per half.  
  
Free throw is 8ft from basket. Player may land over line (JUMP not STEP OVER).  
  
SUBSTITUTION RULES: EACH PLAYER MUST PLAY 10 MINUTES PER GAME.  
  
Game length is (4) 8 minute quarters.  
  
Stealing is only allowed off of passes. The player may not strip the ball or take it from the offense’s hands. However, players are allowed to deflect a pass.****At the 5th team foul, player is to shoot 2 free throws PER QUARTER, there are no 1 and 1 free throws at any level.**

**Incase of overtime, all team fouls and individual fouls carry over into overtime from the 4th quarter.   
  
Man to man and Zone defense is allowed, Double team is allowed in the paint ONLY.  
  
No reaching allowed. Must guard with arms up, hands out.  
  
No full court defense allowed.  
  
Defense must guard below the three-point line, above and starting at half court is NOT allowed  
  
Clock runs except for time outs and the last 2 minutes of the 4th quarter. Clock will stop for all technical fouls.  
  
  
Illegal play or unsportsmanlike conduct; 1st violation is a warning, 2nd is an admin. 1 shot technical foul and possession of the ball.  
One coach from each team is allowed on the court during the game to instruct the players only if they do not interfere with game, other coaches, or refs.  
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Only THREE coaches allowed on the bench with players.​ TWO must be seated at all times. If the head coach is assessed or indirect tech foul, he/she must remain seated for the rest of the game.**

**This is SOA's (standard of Athletics) second developmental league for ages 7 years to 9 years old. Still considered the beginner stage with two divisions (Beginner and Advanced). At this level the games are played with longer quarters as this is the full sport of basketball with minimum modifications. Our teams at this level have a better grasp of the sport and its rules. Coaches are able to hold more formal practices and run plays / drills that suit the team’s ability.  At this age your child will truly begin to develop skills and footwork appropriate to what's seen on TV. Please see the list below for both Beginner and Advance rules.  
  
8UB (Beginner to Intermediate) RULES  
Maximum of 10 players per team is recommended.  
Junior ball (27.5 in.).  
Goal height is 10ft for 8UB.  
Only two timeouts allowed per half.  
​Three second lane violations will be called.  
Free throws are allowed from free throw line or 8ft from the basket.  
SUBSTITUTION RULES: EACH PLAYER MUST PLAY 10 MINUTES PER GAME.  
Game length (4) 10 minute quarters (8UB).  
Time will be running clock except for time outs and the last 2 minutes of the 4th quarter. Clock will stop for all technical fouls.**

**At the 5th team foul, the player is to shoot 2 free throws PER QUARTER, there are no 1 and 1 free throws at any level.**

**A player fouls out at their 5th individual foul.**

**Incase of overtime, all team fouls and individual fouls carry over into overtime from the 4th quarter.  
Stealing is only allowed off of passes. The defensive player may not strip the ball or take it from the offense’s hands. However, players are allowed to deflect a pass.  
Only Man Defense is allowed (NO Zone Defense). Double team is allowed in the paint ONLY.  
No reaching allowed outside the paint. Must guard with arms out, and hands up, unless in deny.  
No full court defense allowed.  
Defense must back up to the half court line.  
Illegal play or unsportsmanlike conduct; 1st violation is a warning, 2nd is an admin. 1 shot technical foul and possession of the ball.  
Only THREE coaches allowed on the bench with players. TWO must be seated at all times. ONE assistant coach & ONE sportsmanship advisor/team parent. If the head coach is assessed or indirect tech foul, he must remain seated for the rest of the game  
 \*If there are not enough teams to have separate divisions, rules will be modified based on competition levels.  
 8UA (Advanced/Club) RULES  
Maximum of 10 players per team is recommended.  
Compact ball (28.5 in.).  
Goal height is 10ft for 8UA.  
Three second lane violations will be called.  
Only two timeouts allowed per half.  
SUBSTITUTION RULES: EACH PLAYER MUST PLAY 10 MINUTES PER GAME.  
Man to man defense, zone defense, and full court press is allowed.   
Stealing is allowed.  
Free throws are allowed from free throw line. Players may not land over line.  
Game length (4) 10-minute quarters (8UA).  
Time will be running clock except for time outs and the last 2 minutes of the 4th quarter.**

**Clock will stop for all technical fouls.  
  
Clock will start on all inbound plays once the ball is touched.**

**At the 5th team foul, the player is to shoot 2 free throws PER QUARTER, there are no 1 and 1 free throws at any level.**

**A Incase of overtime, all team fouls and individual fouls carry over into overtime from the 4th quarter.**

**Player fouls out at their 5th individual foul.**

**No stalling or isolation plays. 10 seconds to begin to advance ball past the half court line. 1st isolation violation is a warning, 2nd is technical foul charged to head coach. Except for the last 2 minutes of the game.  
Illegal play or unsportsmanlike conduct; 1st violation is a warning, 2nd is an admin and the player must be seated the remainder of the game. 1 shot technical foul and possession of the ball.  
Only THREE coaches allowed on the bench with players. TWO must be seated at all times. ONE assistant coach & ONE sportsmanship advisor/team parent. If the head coach is assessed or indirect tech foul, he must remain seated for the rest of the game.  
   
\*In the event that there are not enough teams to have separate divisions, rules will be modified based on competition levels.**

**This is SOA's (standard of Athletics) third developmental league for ages 9 years to 11 years old. This is the first intermediate level that SOA offers also with two divisions (Beginner and Advanced). At this level the teams work on offensive and defensive concepts and ball movement while honing their own person individual skills. These games are played with UIL officiating so all fouls will be called. Players will get their first introduction of what club basketball and school basketball life will be like. This age group has the widest range of disparity in skill amongst our players. Please see the list below for both Beginner and Advance rules.  
  
 10UB (Beginner to Intermediate) RULES  
  
Maximum of 10 players per team is recommended.  
Compact ball (28.5in).  
Goal height is 10ft.  
Three second lane violations will be called.  
Only two timeouts allowed per half.  
Free throw is from 15ft from basket. Players may not land over line.  
SUBSTITUTION RULES: EACH PLAYER MUST PLAY 10 MINUTES PER GAME.  
Game length (4) 10 minute quarters.  
Time will be running clock except for time outs and the last 2 minutes of the 4th quarter.**

**Clock will stop for all technical fouls and the LAST TWO MINUTES OF THE 4TH QUARTER.**

**THE CLOCK WILL START ON ALL INBOUNDS.**

**At the 5th team foul, the player is to shoot 2 free throws PER QUARTER, there are no 1 and 1 free throws at any level.**

**A player fouls out at their 5th individual foul.**

**In case of overtime, all team fouls and individual fouls carry over into overtime from the 4th quarter.**

**No stalling or isolation plays. 5 seconds to begin to advance ball past the half court line. 1st isolation violation is a warning, 2nd is technical foul charged to head coach.  
Man to man and Zone defense are allowed.  
full court press is allowed.  
Illegal play or unsportsmanlike conduct; 1st violation is a warning, 2nd is an admin and player must sit the remainder of the game. 1 shot technical foul and possession of the ball.  
Only THREE coaches allowed on the bench with players. TWO must be seated at all times. ONE assistant coach & ONE sportsmanship advisor/team parent. If the head coach is assessed or indirect tech foul he must remain seated for the rest of the game.  
   
\*In the event that there are not enough teams to have separate divisions, rules will be modified based on competition levels.  
   
10UA (Advanced/Club) RULES  
Maximum of 10 players per team is recommended.  
Compact ball (28.5in).  
Goal height is 10ft.  
Three second lane violations.  
SUBSTITUTION RULES: EACH PLAYER MUST PLAY 10 MINUTES PER GAME.  
Only two timeouts allowed per half.  
Free throw is from 15ft from basket. Players may not land over line.  
Each player is required to play a minimum of 10 minutes in each game.  Each player must play in both halves of the game.  
Game length (4) 10 minute quarters.  
Time will be running clock except for time outs and the last 2 minutes of the 4th quarter. Clock will stop for all technical fouls, and LAST TWO MINUTES OF THE 4TH QUARTER.**

**Clock will begin on all touched inbound balls.  
No stalling or isolation plays. 10 seconds to begin to advance ball past the half court line. 1st isolation violation is a warning, 2nd is technical foul charged to head coach. Except for the last 2 minutes of the game (stalling allowed).**

**At the 5th team foul, the player is to shoot 2 free throws PER QUARTER, there are no 1 and 1 free throws at any level.**

**A player fouls out at their 5th individual foul.**

**In case of overtime, all team fouls and individual fouls carry over into overtime from the 4th quarter.**

**Man to man, Zone defense and full court press is allowed.  
Illegal play or unsportsmanlike conduct; 1st violation is a warning, 2nd is an admin and player must sit remainder of game. 1 shot technical foul and possession of the ball.  
Only THREE coaches allowed on the bench with players. TWO must be seated at all times. If the head coach is assessed an indirect tech foul he must remain seated for the rest of the game.  
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\*In the event that there are not enough teams to have separate divisions, rules will be modified based on competition levels.**

**This is SOA's (standard of Athletics) fourth developmental league for ages 11 years to 12 years old. This is the second intermediate level that SOA offers also with two divisions (Beginner and Advanced). At this level the teams work on offensive and defensive concepts and ball movement while honing their own person individual skills. These games are played with UIL officiating so all fouls will be called. Players at this level have dedicated themselves to being coachable and improving their skills even further. Please see the list below for both Beginner and Advance rules.  
  
12UB (Beginner to Intermediate) RULES  
  
Maximum of 10 players per team is recommended.  
Official ball (29.5in.).  
Goal height is 10 ft.  
Three second lane violations.  
Only two timeouts allowed per half.  
Free throw is 15ft from basket. Players may not land over line  
SUBSTITUTION RULES: EACH PLAYER MUST PLAY 10 MINUTES PER GAME.  
Game length (4) 10 minute quarters.  
Time will be running clock except for time outs and the last 2 minutes of the 4th quarter.**

**Clock will stop for all technical fouls and the LAST TWO MINUTES OF THE 4TH QUARTER.**

**No stalling or isolation plays. 10 seconds to begin to advance ball past the half court line. 1st isolation violation is a warning, 2nd is technical foul charged to head coach.   
  
At the 5th team foul, the player is to shoot 2 free throws PER QUARTER, there are no 1 and 1 free throws at any level.**

**A player fouls out at their 5th individual foul**

**Full court defense is allowed.   
Illegal play or unsportsmanlike conduct; 1st violation is a warning, 2nd is an admin and player will be asked to sit the remainder of the game. 1 shot technical foul and possession of the ball.  
Only THREE coaches allowed on the bench with players. TWO must be seated at all times. ONE assistant coach & ONE sportsmanship advisor/team parent. If the head coach is assessed or indirect tech foul he must remain seated for the rest of the game.  
   
\*In the event that there are not enough teams to have separate divisions, rules will be modified based on competition levels.  
   
12UA (Advanced/Club) RULES  
  
Maximum of 10 players per team is recommended.  
Official ball (29.5).  
Goal height is 10ft.  
Three second lane violations.  
Only two timeouts allowed per half.  
SUBSTITUTION RULES: EACH PLAYER MUST PLAY 10 MINUTES PER GAME.  
Free throw is from 15ft from basket. Players may not land over line.  
Game length (4) 10 minute quarters.  
Time will be running clock except for time outs and the last 2 minutes of the 4th quarter. Clock will stop for all technical fouls. LAST TWO MINUTES OF THE 4TH QUARTER. No stalling or isolation plays. 10 seconds to begin to advance ball past the half court line. 1st isolation violation is a warning, 2nd is technical foul charged to head coach.   
At the 5th team foul, the player is to shoot 2 free throws PER QUARTER, there are no 1 and 1 free throws at any level.**

**A player fouls out at their 5th individual foul.**

**In case of overtime, all team fouls and individual fouls carry over into overtime from the 4th quarter.**

**Man to man, Zone defense, and full court press is allowed.   
Illegal play or unsportsmanlike conduct; 1st violation is a warning, 2nd is an admin and the player must sit the remainder of the game. 1 shot technical foul and possession of the ball.  
Only THREE coaches allowed on the bench with players. TWO must be seated at all times. ONE assistant coach & ONE sportsmanship advisor/team parent. If the head coach is assessed or indirect tech foul he must remain seated for the rest of the game.  
No stalling or isolation plays. 10 seconds to begin to advance ball past the half court line. 1st isolation violation is a warning, 2nd is technical foul charged to head coach. Except for the last 2 minutes of the game (stalling allowed).  
   
\*In the event that there are not enough teams to have separate divisions, rules will be modified based on competition levels**

**This is SOA's (standard of Athletics) fifth developmental league for ages 12 years to 14 years old. This is the first advanced level that SOA offers also with two divisions (Beginner and Advanced). At this level the teams work on offensive and defensive concepts and ball movement while honing their own person individual skills. Furthermore, these players have gone under intense training drills throughout their beginning basketball career and may be using SOA as a stepping stone to Highschool, Club and AAU basketball levels. These games are played with UIL officiating so all fouls will be called. Players at this level have dedicated themselves to being coachable and improving their skills even further. Please see the list below for rules.  
  
14U Rules  
Maximum of 10 players per team is recommended.  
Official size ball (29.5).  
Goal height is 10ft.  
Three second lane violation.  
Only two timeouts allowed per half.  
Free throw is from 15ft from basket. Players may not land over line.  
Each player is required to play a minimum of 10 minutes in each game.  Each player must play in both halves of the game.  
Game length (4) 10 minute quarters.  
Time will be running clock except for time outs and the last 2 minutes of the 4th quarter.**

**Clock will stop for all technical fouls and the LAST TWO MINUTES OF THE 4TH QUARTER.**

**No stalling or isolation plays. 10 seconds to begin to advance ball past the half court line. 1st isolation violation is a warning, 2nd is technical foul charged to head coach. Except for the last 2 minutes of the game (stalling allowed).**

**At the 5th team foul, the player is to shoot 2 free throws PER QUARTER, there are no 1 and 1 free throws at any level.**

**A player fouls out at their 5th individual foul.**

**In case of overtime, all team fouls and individual fouls carry over into overtime from the 4th quarter.**

**Man to man or zone defense is allowed.  
Illegal play or unsportsmanlike conduct; 1st violation is a warning, 2nd is an admin and the player must sit the remainder of the game. 1 shot technical foul and possession of the ball.  
Only THREE coaches allowed on the bench with players. TWO must be seated at all times.**

**This is SOA's (standard of Athletics) oldest league for ages 14 years to 18 years old. This is the most advanced level that SOA offers. At this level the teams work on offensive and defensive concepts and ball movement while honing their own person individual skills. Furthermore, these players have developed their skills to be competitive not just in their school or club sport but to also have the chance to compete at the college level. These games are played with UIL officiating so all fouls will be called. Players at this level have dedicated themselves to being coachable and improving their skills to not only represent themselves but their families, friends and hometowns. Please see the list below for rules.  
  
HS Rules  
Maximum of 10 players per team is recommended.  
Official size ball (29.5).  
Goal height is 10ft.  
Three second lane violation.  
Only two timeouts allowed per half.  
Free throw is from 15ft from basket. Players may not land over line.  
Each player is required to play a minimum of 10 minutes in each game.  Each player must play in both halves of the game.  
Game length (4) 10 minute quarters.  
Time will be running clock except for time outs and the last 2 minutes of the 4th quarter.**

**Clock will stop for all technical fouls and the LAST TWO MINUTES OF THE 4TH QUARTER.**

**No stalling or isolation plays. 10 seconds to begin to advance ball past the half court line. 1st isolation violation is a warning, 2nd is technical foul charged to head coach. Except for the last 2 minutes of the game (stalling allowed).**

**At the 5th team foul, the player is to shoot 2 free throws PER QUARTER, there are no 1 and 1 free throws at any level.**

**A player fouls out at their 5th individual foul.**

**In case of overtime, all team fouls and individual fouls carry over into overtime from the 4th quarter.**

**Man to man or zone defense is allowed.  
Full court defense is allowed all game.   
Illegal play or unsportsmanlike conduct; 1st violation is a warning, 2nd is an admin and the player must sit the remainder of the game. 1 shot technical foul and possession of the ball.  
Only THREE coaches allowed on the bench with players. TWO must be seated.  
  
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