

YOUTH BASKETBALL GUIDELINES: AGES 12-14



The below playing standards and rules are to serve as guidelines and recommendations for those administering basketball competitions. We understand that organizations and facilities may not always be able to accommodate some of the recommendations. In that case, we suggest that modifications are allowed where limitations exist (i.e. inability to raise or lower the height of a basket, re-drawing court lines, or not having a shot clock).

EQUIPMENT & COURT SPECIFICATIONS

TOPIC	RECOMMENDATION
Size of Ball	Girls size 6 (28.5") Boys size 7 (29.5")
Height of Basket	10'
Size of Court	84'x50' or 94'x50'
Distance of 3-Point Arc	19'9"
Distance of Free Throw Line	15'

NOTE: 3-on-3 half-court play is also recommended for young players to foster enhanced participation and development.

GAME STRUCTURE

TOPIC	RECOMMENDATION
Game Length	Four 8-minute periods
Time Between Periods	1 minute
Extra Period(s)	4 minutes
Scoring	Free throw: 1 point, all field goals: 2 points, Field goal outside of 3-point arc: 3 points
Timeouts	<ul style="list-style-type: none">▶ Two 60-second timeouts permitted in the first half of play. Three 60-second timeouts permitted in the second half of play▶ Maximum of 2 timeouts permitted in the final 2 minutes of the 4th period▶ One 60-second timeout granted for each extra period▶ Unused timeouts may not carry over to the next half or into extra periods
Start of Game Possession	Jump ball

GAME TACTICS

TOPIC	RECOMMENDATION
Playing Time	Coaches discretion throughout the competition
Set Defense	All allowed throughout the competition at coaches discretion
Pressing Defense	<ul style="list-style-type: none">▶ Pressing allowed throughout the competition▶ Leading team may not press when leading by 25 points or more
Double-Team/Crowding	Allowed throughout the competition at coaches discretion
Stealing From the Dribbler	Coaches discretion throughout the competition

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HIGHLIGHTED GAME PLAY RULES

TOPIC	RECOMMENDATION
Backcourt Timeline	10 seconds
Shot Clock	<ul style="list-style-type: none">▶ 30 seconds▶ Full 30 second reset on offensive and defensive rebounds▶ Full 30 second reset on any foul
5 Seconds Closely Guarded	Only when the offensive player is holding the basketball
Clock Stoppage	On any dead ball
Length of Time for a Free-Throw	8 seconds
Number of Players Permitted on Free-Throw Lane	<ul style="list-style-type: none">▶ Offense may have 3 players on the lane, including the shooter▶ Defense may have 3 players on the lane
Substitutions	<ul style="list-style-type: none">▶ Either team may substitute on any dead ball▶ Either team may substitute before the first free throw attempt or after the last free throw if made▶ A non-scoring team may substitute after any field goal scored in the last 2 minutes of the 4th period and each extra period. If the non-scoring team substitutes, the scoring team may also substitute
Advancement of Ball after a Timeout	In the last 2 minutes of the 4th period and each extra period following a timeout, the ball will be inbounded from the offensive team's frontcourt opposite the scorer's table

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DEFINITIONS

Player-to-Player Defense

- ▶ Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball.
- ▶ The defensive player must stay on the same side of the court as the offensive player, divided by the rim line.
- ▶ If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.

Pressing Defense: Defensive guarding, either on or off the ball, within the backcourt.

Double-Team/Crowding: Two or more defensive players guarding a single offensive players.

RATIONALE

Distance of 3-Point Arc: For 9th-12th graders, a 22'2" arc is preferred, but if this line is not on a court the next available line under 22'2" is recommended.

Clock Stoppage: Stopping the clock following a made basket within the last two minutes of the fourth period and any extra periods for 12-14 year-olds allows for additional strategic decision-making.

Shot Clock: The 30-second shot clock for 12-14 year-olds allows for more possessions for each team, better game flow and places decision-making elements in the hands of players.