



# U10 BASKETBALL GUIDELINES

in accordance with Surfcoast Basketball Association (SBA)  
and Basketball Australia (BA) guidelines

ITEM	GUIDELINE
<b>Ring Height</b>	8-foot (244 cm) lowered ring height
<b>Ball Size</b>	Size 5
<b>Scoreboard</b>	Yes. Computer and On-Court
<b>Defence – No Zone</b>	Person-to-Person only (assign-find-stay on a player)
<b>Defence – No Press</b>	No full court press, players to return to half -court; Prevent swarming
<b>Defence – Yes Steals</b>	Steals permitted
<b>Offence</b>	Maximum 10 points per player. 3 points counted from behind the inside 3 point arc
<b>Penalty - Free Throws</b>	To be taken from small marked line closest to the ring
<b>Violations – Personal Fouls</b>	Once a player commits 5 fouls, they are disqualified from the game
<b>Violations - Team Fouls</b>	Once the team fouls count has reached 9 per half, every foul called against the team will result in the opposition being awarded 2 free throws.
<b>Violations - Technical Fouls</b>	When a player has committed a Technical Foul or Unsportsmanlike Foul, they must leave the court for 5 minutes. When a player has committed 2 Tech Fouls or 2 Unsportsmanlike Fouls or 1 of both Tech and Unsportsmanlike Fouls, they are disqualified for the remainder of the game
<b>Violations - Team Fouls</b>	All fouls including Technical Fouls and Unsportsmanlike Fouls count towards the Team Fouls. Bench Fouls do NOT count towards the Team Fouls.
<b>Coaching – on court</b>	Coach permitted on court (first 3 games only)
<b>Coach Penalty</b>	If a Coach breaches these rules the bench will be fouled
<b>Coaching – tips</b>	Encourage spacing, passing and above all enjoyment!
<b>SBA VALUES - IRENE</b>	<b><u>I</u>NCLUSION, <u>R</u>ESPECT, <u>E</u>FFORT, <u>N</u>ETWORK, <u>E</u>NJOYMENT</b>





# TIMING GUIDELINES

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<b>Duration</b>	<b>Junior Competitions - Under 8 through to Under 18</b> 2 x 20 minutes halves <b>Senior Competitions - Open Men and Women</b> 4 x 10 minute quarters
<b>Overtime</b>	After a 1 minute break, 5 minutes extra playing time will be played if the result at full time is a draw, in finals games only.
<b>Warm Up</b>	3 minutes. Warning siren sounds at 1 min 30 sec and again at 30 sec
<b>Intervals</b>	Quarter Time Breaks 1 minute Half Time Breaks 2 minutes
<b>Time Outs</b>	1 minute in duration. Each team may be granted two time-outs in each half of the game. Time-outs can not be called in the last minute of the first half or first 3 quarters. Clock only stops for time-outs called in the last quarter/half
<b>Clock Stops</b>	<b>Junior Competitions - Under 8 through to Under 18</b> On every whistle in the last 2 minutes of the last half, if score is <10 points <b>Senior Competitions - Open Men and Women</b> On every whistle in the last 2 minutes of the last quarter, if score is <10 points
<b>Violations - Timing</b>	<b>Junior Competitions - U8 through to &amp; including U10</b> <u>NO</u> 8 (back court) or 3 (in the key) seconds called <b>Junior Competitions - U11 through to U18</b> 8 seconds back court and 3 seconds in the key violation called <b>Senior Competitions - Open Men and Women</b> 8 seconds back court and 3 seconds in the key violation called
<b>Shot Clock</b>	A 24 sec Shot Clock is used in all Mens Division 1 games in accordance with FIBA Rules.
<b>Heat Policy Timing Changes</b>	When the court temperature reaches 35c The referee must call an additional compulsory time-out in each quarter or half, if no time-out has been called at the halfway point of the quarter or half

SBA VALUES -  
IRENE

INCLUSION, RESPECT, EFFORT, NETWORK, ENJOYMENT

