

Centre Parks & Recreation
10 & Under Basketball

The National Federation (National Alliance) Edition of Basketball Rule Book is the official guide for ARPA and AHSAA games with the exceptions as may be found in the Alabama Recreation and Park Association.

10 & Under league will consist of 4 (eight minute quarters)

A team must have five players to start a game.

No form of tobacco is permitted on the playing court or in the bench area regardless of gymnasium rules.

There will be no full court press in the 10 & Under League until the last quarter. A full court press is defined as any pressure applied on an offensive player in the backcourt, either on an inbounds or after change of possession while the ball is live.

A team cannot press / play full court defense if ahead by 20 or more points.

Teams will be given two warnings concerning backcourt pressure. After the second warning if a violation occurs, a team technical will be assessed to the coach.

The 3-point rule shall be allowed in youth basketball.

The approved basketball for 10 & Under league is the regulation size girls basketball 28.5 and weighs 18 – 20 ounces.