

13U Modifications

Section 7b

- 7b.1 Ball size will be Size 6.
- 7b.2 The three (3) point line shall be played where the line is marked. In the case that a gym has two marked 3 pointer lines, the line closest to the basketball shall be used.
- 7b.3 Game Timing shall be as follows: Four (4), Nine (9) minute stop time quarters with a three (3) minute half time break and a one (1) minute break between quarters.
- 7b.4 Foul line is 1 foot in from the marked free throw line
- 7b.5 Front Court (Half Court) Defense**
 - 7b.5.1 Teams are not permitted to play half court zone defense at any time during the game, but they are allowed to switch checks on screens. Defensive players are required to play one-on-one defense
 - 7b.5.2 Each defensive player must be responsible for guarding one offensive player. No specific distance is stated for guarding an offensive player. If an offensive player moves from one ball side to non-ball side, or vice versa, the defensive player must move to the same side of the floor as well.
 - 7b.5.3 A defensive player must move when the offensive player they are checking makes a legitimate offensive move such as setting a screen.
 - 7b.5.4 A Player may leave his/her check to help on a player with the ball that is attempting to score or has ended his/her dribble inside the 3-point line of the opposing team's front court. When the double-teamed player who has the ball passes to another offensive player, the defensive help must return.
 - 7b.5.5 Two or more defensive players may not double-team an offensive player who is not in possession of the ball.
 - 7b.5.6 Double teams are only allowed on a player in possession of the ball.
 - 7b.5.7 A warning will be issued for the first violation of these rules and any subsequent violation may be penalized with a technical foul, issued to the Head Coach.
- 7b.6 Back Court Defensive Rules**
 - 7b.6.1 Quarters 1-3: No full court press in the opposing team's backcourt.
 - 7b.6.2 Quarter 4: Man to Man full court pressure permitted. No Zone full court pressure.
 - 7b.6.3 Quarter 4: Double Teams may occur in the opposing team's backcourt.