

U16



Uniforms and Accessories

- All players must wear an HBA provided jersey
- All jewelry (necklaces, bracelets, rings, earrings) must be removed
- All other FIBA rules, not related to safety or unfair advantage, regarding uniform and accessories, will not be in effect

Ball Size

SIZE 7 (29.5")

Free Throw Shooting

15 FT. (Regulation line)

Zone Defense

ALLOWED

Fair Play

- At any point in the game, no player shall have played any more than one shift more than any other player. Players that are late may be played if no other player has been out twice or they are added in at half-time.

Clock Operation

- **Ten 4-minute shifts** per game (5 shifts per half)
- ALL SHIFTS are running time format (clock doesn't stop)
- HALF TIME - 2-4 MINUTES (depending on if the game is running on schedule)
- The clock will only stop for:
 - Time Outs
 - End of shifts
 - During an injury
 - **The last 2 minutes remaining in the game, if the score difference is 10 or less**

3-Point Line

- The 3-Point Line is in effect



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Fouls

- Players foul out of the game on their 5th foul
- Bonus in effect on the 7th team foul per half
- Bonus is always 2 shots

Fall Back

- **FULL COURT PRESSING IS ALLOWED**
- Fall back rule to 3-point line in effect when leading by 20 points or more

Possession

- Each shift will start in the direction of the possession arrow
- The possession arrow will change at the start of each shift and on held balls

Time-Outs

- Each team will receive two 60 second time-outs per half
- Time-outs cannot be carried over to the next half
- Timeouts must be called through the table officials
- Timeouts can only be called on a dead ball

Player Substitutions

- Player substitutions during a shift are only allowed due to player injury and do not count towards the substitute's shifts played. Missed shifts cannot be made-up, and Fair Play continues from the point of their return