

U19



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 & Player Substitutions

At the end of each half and the entire game, all participating players shall have played an EQUAL number of shifts (i.e. no more than 1 shift than any other player). Exceptions to this rule include when a player: fouls out of a game, arrives late or leaves early, and/or suffers an injury which prevents them from further participating in the game. Late arriving players will NOT be permitted to participate in a half once the 3rd shift of that half has started. Substitutions for injured players do not count, and shifts are not made up after an injury or late arrival. Any additional exceptions to this rule are at the sole discretion of the host site supervisor.

Clock Operation

- **Eight 4-minute shifts** per game (4 shifts per half)
- ALL SHIFTS are stop-time format (clock stops at every stoppage in play)
- HALF TIME - 2-4 MINUTES (depending on if the game is running on schedule)



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3-Point Line

- The 3-Point Line is in effect

Fouls

- Players foul out of the game on their 5th foul
- Bonus in effect on the 5th team foul per quarter (two shifts)
- Bonus is always 2 shots

Fall Back

- **FULL COURT PRESSING IS ALLOWED**
- Fall back rule to half-court in effect when leading by 10 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 one 60 second time-outs per half
- Time-outs cannot be carried over to the next half
- Timeouts must be called by a coach through the table officials
- Timeouts can only be called on a dead ball