



# SOUTH SOUND YMCA

## Basketball Rules

### Ages 11-18

#### Game & Equipment

Certified referees will use National Federation High School rules with the following YMCA modifications:

1. Game consists of two, 20 minute running halves.
2. In the last 3 minutes of the game and in overtime, time will stop for dead balls, free throws and timeouts.
3. Time will not stop in the last three minutes if a team is up by 15 or more points.
4. Over-time will be three minutes with one additional timeout. One over-time only!
5. Half time will be five minutes.
6. Regulation sized ball will be used.
7. Each team is allowed three time outs to be used any time. Timeouts will be one minute. No 20-second timeouts.
8. Scorekeeper and timer will be provided by the YMCA.
9. YMCA numbered jerseys are required.

#### Defense

1. Both zone and man-to-man defenses are allowed
2. A full court press is not allowed when a team is ahead by 15 or more points.

#### Fouls & Free Throws

1. Free throws will not be shot during running clock time. On shooting fouls **and fouls committed after the 6<sup>th</sup> team foul – each half**, 1 point is awarded to the fouled team and the ball is given to them out of bounds. On fouls committed when the basket is made, the 2 or 3 points count and the fouled team receives the ball out of bounds. On any technical fouls and 2-shot intentional fouls, 2 points are awarded to the fouled team and they get the ball out of bounds. **During the last 3 minutes of the second half, unless there is a 15+ lead, and in any over-time, free throws will be shot as in regular basketball.**
2. Players will foul out on 5<sup>th</sup> personal foul.
3. If a player gets 2 technical fouls in one game, they are ejected and suspended for one game.
4. If a player is ejected twice, they are suspended for the rest of the season.
5. Flagrant fouls result in automatic ejection from the game and players will have to meet with league director before they play again.
  - League directors have the right to review any technical fouls or ejections and may suspend a player for two or more games depending on the severity of the foul.

#### Substitutions

1. Substitutions may be made during dead balls or time outs.
2. Every attempt should be made to assure all players play an equal amount of time.

#### Rosters

1. All rosters are final as printed and available on Friday prior to the first game.
2. A team that plays individuals who are not registered:
  - a. Player penalty: ejection from game and season.
  - b. Team penalty: game forfeit.
3. A team that plays individuals who are not registered more than one game at any point in the season:
  - a. Team penalty: game and season forfeit.
4. Picture I.D. may be requested to verify identity. No I.D., NO PLAY!

#### Sportsmanship

1. Coaches may not dispute calls, or argue a decision in front of players or spectators. If there is a dispute, address it at half time or after the game in the form of a question. If there is further dispute, contact the coordinator of your division.
2. If parents or spectators have concerns during the game, they will report to the coach or address the YMCA staff person (not the referee) on duty, or contact the coordinator.
3. Refer to Parent Code of Ethics.