

Waco Family YMCA YOUTH BASKETBALL RULES 11-15 Year Old

LEAGUE RULES

The "Y" for all participants to grow in the areas of sportsmanship and physical fitness, as well as self-control, team effort, and skill development. The following rules incorporate our philosophy into our Youth Basketball Program.

1. If there are 6 players then open substitution will be allowed throughout the entire game. If there are 7 players or more then open substitution will only be allowed during the 2nd half. Each player must play 1 complete uninterrupted quarter.
2. Coaches are expected not only to balance playing time but also to involve all players in the offense; every player should get a chance to dribble and shoot in every game. Your goal as a coach should be for every player to score a basket during the season and this should be your measure of success, not your win-loss record.
3. The score will be kept but should not be emphasized.
4. League standings will not be kept.
5. The referee is an extension of the coach and is instructing as well as encouraging the children. Coaches may discuss disagreements with the referee between quarters, at time outs, and at half time. If any player, coach, or parent insists on arguing with the referees, a technical foul may be called. The only time a coach is permitted on the playing court is in case of an injury, or with the permission of the referee. Please keep in mind the YMCA philosophy and remember that yelling at the officials is not a value we want to teach our children.
6. Any concerns about the league by coaches, players, or parents should be discussed with the league coordinator.
7. The goal height is 10 feet and the ball size is an official ball size.

GAME RULES

1. A jump ball will be used to start the game. In case of tie-ups during the game, teams will alternate possession.
2. Games are composed of four 10-minute quarters (clock will stop on every whistle).
3. Each team has 2 time outs per half (Time outs are not cumulative).
4. To call a time out, a team must have possession of the ball, or have a dead ball situation. Time outs must be called on the floor and also may be called by the coach.
5. The time allowed between quarters is one minute, for time outs one minute, and between halves 3 minutes.
6. Teams may choose any defense. Defenses will pick-up at half court. Teams may press (full court) in the third and fourth quarters. If a team is up 15 or more points then neither team will be allowed to press.
7. Backcourt violations will be called.
8. The ten-second rule will be in effect when bringing the ball up the court.
9. 5-second Lane violations will be called.
10. Each player will be allowed 5 personal fouls per game.
11. On the 7th team foul in each half a 1 and 1 bonus free throw will be in effect. On the tenth team foul the team will shoot the double bonus. If a player is fouled in the act of shooting they will be awarded 2 free throws. The shooter will shoot from the free throw line but will be allowed to cross the line on the shot. Rebounders in the lane will start from the top of the lower block with a max of 6 players in the lane.
12. Any made basket from behind the three-point arc will be counted as three points.
13. If a game ends in a tie, there will be **one** 2 minute overtime session. The OT session will follow the same rules as the regulation game (clock/pressing rules). One 30 second timeout per team will be allowed during the OT session. If the game is still tied, the tie will stand. The game should end with both teams shaking hands.
14. A player receiving a technical, intentional, or flagrant foul must leave the game for the remainder of the quarter. The quarter they are disqualified from will count as one of their quarters of playing time.
15. A player arriving to the game late may lose a quarter of their playing time. (Decision will be left up to the coaching staff).

Technical Fouls

1. Excessive criticism of the officials from coaches or players will not be tolerated. A warning will be issued followed by a technical foul.
2. Two technical fouls in one game is an ejection and suspended the next game, three technical fouls in a season will result in suspension for the remainder of the season
3. Spectators will be giving a warning then the coach