

YOUTH BASKETBALL RULES

GENERAL RULES FOR ALL LEAGUES

1. The clock will run continuously **EXCEPT** for the final minute of each half. In the final minute, the clock will stop for all dead ball situations.
2. Each team will be allowed three timeouts per game. Timeouts are one minute in length.
3. Each game will consist of 4 periods that are 9 minutes each. No overtime periods will be played.
4. Every player will play an equal amount of time unless unable due to injury, illness, ejection or disciplinary reasons. Game portions played will be counted in increments of half-periods. No player shall play more than one half-period above another player. The official scorer will record each player's playing time.

On the first dead ball inside of 4:45 remaining, a brief official timeout will be called for substitutions. Players on the bench are to enter the game at this point. Except for injury, illness or ejection, this is the only time that players can enter or exit the game during the period.
5. **Technical fouls** will result in two free-throws and possession. **Intentional fouls** will be treated the same.
6. Alternating possession will be used for all jump ball calls and to begin the final three quarters.
7. Personal fouls: All players will be limited to five personal fouls per game. After the fifth, the player will be ejected.
8. **One and bonus foul shots:** Any non-shooting fouls committed by the DEFENSE inside of one minute of the 2nd and 4th quarter ends will result in a one and bonus for the offensive team. Players will assume normal positions around the lane. The number of team fouls is irrelevant.
9. Back court violations (over and back) will be called for all leagues, although the lowest leagues will allow some leniency.
10. There will be a ten (10) second rule to cross midcourt by the offense approaching their basket.

SPECIFIC RULES FOR 5TH - 8TH GRADE LEAGUES

1. Double-teaming and full court pressing is allowed.
2. Any type of defense is allowed.
3. Foul shooter foot violations will be enforced.
4. Three (3) second lane violations will be enforced.
5. Any player currently participating on their Jr. High or IESA team will not be allowed in the YMCA league. (Playing in this league could deem them ineligible to participate on their school team.)

In the case that other rules become necessary or a game situation is not covered by a rule, the League Director, Game Supervisor or the Officials (during a game) are empowered to decide in a manner that they deem appropriate. Their purpose is to provide a program in which the players can have fun, be safe, and develop knowledge, skills, and sportsmanship in the great game invented by YMCA Director, James Naismith.