



YMCA 9th – 12th Grade Basketball Rules:

2019-20 National Federation rules will apply with the following exceptions:

TWO 20 Minute Running Clock Halves. (Clock stops **only** on last minute of second half on all whistles). One overtime period of 3 minutes, clock runs except for last 30 seconds. If score is still tied – game ends in a tie.

Adult Coach (at least 21 years of age) must be present at **ALL** games and at bench area. Game will **NOT** be played if coach is not present.

- On a multiple free throw opportunity (i.e. two or three), substitutions may not enter until one free throw is remaining.
- There will be no free throws awarded on an offensive team control foul.
- Free throw restrictions: players lined up along the free throw lane may enter lane when ball is release by shooter. Shooter may get rebound/put back after ball touches rim. A marked lane space may be occupied by a maximum of 4 defensive and 2 offensive players. Bottom lane spaces will not be filled.
- Time-Outs: (two) full time-outs per half. Cannot carry over time-outs to second half. An extra 30-second time-out in Overtime.
- Full-court press allowed up to a 20 point lead, then fall back to half-court. There is no fast break restriction.
- All players must play half of the game and play in each half (exception: disciplinary problems, not coming to practice).
- A player **MUST** wear the official 2020 YMCA High School League shirt, shorts must be pulled up above the waistline and wear tennis shoes in order to play. No jewelry, hats or watches allowed while playing (cannot tape earrings).
- Respect the game of basketball. If teams are caught doing any of the following during games it will result in games being suspended and will not be finished. (i.e. shooting from half-court as part of offense, shooting free-throw backwards, yelling at opponent while they are in shooting motion).
- A volunteer will be needed from each team to keep score/fouls.
- Game ball/practice balls must be furnished by teams. Regulation size ball will be used.
- Warm-up time for game will depend on conclusion of previous game. Please be ready to take the court when previous game is completed. Do **NOT** practice in hallway. No bouncing of balls in the hallways.
- **An unsportsmanlike technical foul on player will result in player sitting out for remainder of the game as well as the next scheduled game. Taunting will not be tolerated, player will be removed from game and next scheduled game. Any physical altercations will result in immediate expulsion from the league. Further actions may be deemed necessary by YMCA Director.**
- A parent removed from the gym will also be suspended from next game.
- Any coach receiving two technical fouls will be removed from gym by site supervisor. Play will not continue until coach has left the gym site and another adult coach takes over coaching. Further actions may be deemed necessary by YMCA Director.
- Remember coach, you are responsible for the actions of your players, fans and assistant coaches. Please inform them of the consequences of their actions.
- Dunking is allowed by players only!! and in game situations **only!** Anybody caught dunking outside the realm of the game will have to leave the gym site. A player caught will sit out the next game, no exceptions.
- Only players listed on rosters are able to play, a copy of rosters will be at site with YMCA Staff.
- Remember that this is a FUN League, records will NOT be kept, and Good Sportsmanship is Expected!!