



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## BASKETBALL – AGE 11-14 TRAVEL LEAGUE

### YMCA of South Hampton Roads

LEAGUE	GAME LENGTH	PLAYERS	BALL SIZE	HOOP HEIGHT	TIMEOUTS	SCORING	OVERTIME
Age 11-14	Two 18-Min Halves (Running Clock)	5v5	29.5	10-Feet	2-Per Half	Yes	Yes

**PRACTICE FORMAT** – Teams will practice one night during the week for 1-hour. Games are on the weekends.

**SUBSTITUTIONS** – Coaches must send a player to the scorer's table when making a substitution. The official will signal when that player may come into the game. The game clock will not stop during substitutions.

**PLAYING TIME** – All children must receive an equal amount of playing time for each game they participate.

**PLAYER ATTIRE** – Blue & White reversible jersey, athletic shorts or pants, and close-toed tennis or basketball shoes. No jewelry is permitted during practices/games.

**EQUIPMENT** – The YMCA will issue each player a blue & white reversible jersey. Basketballs will be provided for each practice and game. Coaches are responsible for having a rulebook and schedule.

**COACHES** – Coaches are **REQUIRED** to wear the coach's shirt provided for the **current season** of play. Without this shirt, coaches are not permitted on the court. All coaches must remain on the **sideline** while the game is in play.

**RUNNING CLOCK** – This league uses a running clock. The clock will run continuously except during timeouts and injury timeouts. The clock will stop for all shooting fouls. During the final 2-minutes of each half we will use a regulation clock (The clock will stop on all dead balls). If a team goes up 20 or more points the scoreboard will be turned off. Scorekeepers will continue to take score on paper, and scoreboard will remain off, until losing team comes within 12 points.

**STARTING THE GAME** – The game will begin with a jump ball at mid-court. Game time is forfeit time. A team may start a game with 4 players. However, if at any time a team playing with 4 players is down by 20 or more points, the game will be called.

**BREAKS** – Halftime is 3-minutes. Each team is allotted two 60-second timeouts per half. Unused timeouts will not carry into the second half.

**OVERTIME** – If the game is tied at the end of regulation, there will be one 3-minute overtime period. If the game is still tied after the first overtime period has ended the game will result in a tie. In tournament play, there will continue to be overtime periods until a winner is decided. Each team will have 1-timeout for each overtime period.

**FOULS** – Five personal fouls or two technical fouls will result in a foul out for that individual. All technical fouls count as personal and team fouls. On the 7<sup>th</sup> team foul the opposing team will be awarded a one-on-one free throw opportunity. In a one-on-one the player who was fouled gets to shoot a free throw. If the player misses the first shot the ball is live. If the player makes the shot they will receive another shot. On the 10<sup>th</sup> team foul and every subsequent foul the team that was fouled receives two free throws. No bonus free throws are awarded for player control or team fouls.

**LANE VIOLATION** – During a free throw situation players may enter the lane only after the ball has hit the rim.

**FAST BREAKS** – Players may advance the ball on a steal (Under the Officials discretion). On a rebound, the offensive team may push the ball down the court. However, if they are up 12 or more points, the tuck rule will come into effect.

**GENERAL OFFENSE** – Players have 5-seconds to inbound the ball. Double dribble, traveling, moving picks, and over & back are not allowed.

#### GENERAL DEFENSE

- Teams may use Man-to-Man or Zone Defense.
- Teams may full court press following a change of possession. However, a team leading by 12 or more points, must play half-court defense and cannot press.

#### SPORTSMANSHIP & CONDUCT

- Only head coaches may approach the referee during a timeout, halftime, or at the end of the game.
- Coaches are responsible for their team's conduct. Coaches are expected to exemplify good sportsmanship and to serve as a role model for players and parents. Severe behavior could result in expulsion from the league. Coaches should be supportive of the officials under all circumstances. Any complaints about officiating should be directed to the league coordinator or director no sooner than at least 24-hours after the game.
- Trash talking is not allowed. Trash talking is offensive language used against opposing coaches, players, officials, league personnel or fans. Disciplinary action may be taken.
- If any league personnel or official witness any act of rough housing, including but not limited to, tackling, elbowing, cheap shots, or any other unsportsmanlike act, the game will be stopped and that player may be ejected. Further disciplinary action may follow including league expulsion.
- After the game, teams are must form a line and congratulate the opposing team regardless the outcome of the game.