



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

U15 (Ages 12-14) League Rules

The YMCA's Youth Basketball Program emphasizes participation, fun, fitness, and sportsmanship as important goals for youth in sports programs. Our goal is to teach basketball skills and teamwork effectively to different age groups and to keep winning and fair play in perspective. The important factor in the personal growth of our participants is not who wins or loses the game, but how their teamwork and individual's performance develop as the season progresses and whether they are having fun.

1. **GAME LENGTH:** All games will consist of four eight-minute quarters with a running clock. There will be a two (2) minute break in between quarters except for a five (5) minute break at the half. **The clock will stop for official time-outs and on every stoppage of play within the last two minutes of the fourth quarter.** There will be no overtimes. Games running late may be shortened by the gym supervisor. Both coaches will be notified of the need to shorten a game.
2. **TIME OUTS:** Two (2) time-outs per half, with no carry-overs.
3. **DEFENSE:** All defenses will be allowed.
4. **TEN SECOND RULE:** This rule will be enforced. The ball must cross the center court line within ten seconds, or possession will be lost.
5. **PRESSING:** Full-court or half-court pressing will be allowed. If a team is ahead by 10 or more points pressing is **NOT** allowed. Once the deficit is less than 10 points a team may continue pressing.
6. **BASKET HEIGHT:** The basket height will be ten (10) feet.
7. **BASKETBALL:** The ball will be a regulation size Men's basketball.
8. **FOUL SHOTS:** Shooting fouls with no basket made = two shots; with basket made = one shot. After the 7th team foul per quarter the "one and one" situation will go into effect. After the 10th team foul per quarter, two foul shots will be awarded. Technical fouls will be only one shot.
9. **LANE VIOLATIONS:** The three (3) second lane violation will be called.
10. **NUMBER OF PLAYERS:** Each team must field five (5) players. No team will have more than twelve (12) players on roster.

11. **PLAYER PARTICIPATION:** Each player on a team must play two complete quarters. With free substitutions this will be closely monitored by the game official. It is up to the coach to make sure each participant receives at least 2 quarters playing time.
12. **SUBSTITUTIONS:** Substitutions will be unlimited, as long as the coach stays within the guidelines of the The Family Y Coach Code of Ethics. The clock will **NOT** stop for a substitution unless a time out has been called.
13. **PICKS & CLEARING THE FLOOR:** Picks will be allowed. Since no double-teaming is allowed by a man-to-man defense, the offense may not use plays that clear one side of the floor or clears out the lane so a player may go one-on-one against his opponent with a half of the court open. Normal plays using screens will be allowed, as long as the offense does not overload one side of the court. Any points scored using an illegal offense will not count. On the first violation, the official will award the ball to the other team. Any subsequent violations will result in a technical foul.
14. **ALTERNATE POSSESSION:** The alternate possession rule will be in effect.
15. **FORFEITS:** Any team that cannot field five (5) players at game time will forfeit the game. A five (5) minute grace period can be allowed for at the sole discretion of the official.
16. **CONDUCT:** Mutual understanding and respect are a must for players, coaches, officials, parents, and staff. Any questions, comments, or remarks should wait for the appropriate time (between quarters, half-time, and end of game). Never during the game, except an injury time out, will the coach enter the playing area. Only after a time out has been called, half-time or between quarters, may the coach enter the playing area. Any discussion with official will be at the official's discretion. A violation of this rule will result in a technical foul being assessed, and a time out charged to the offending coach's team. Any disputes of disagreements will be resolved by the gym supervisor or The Family Y Youth Sports Directors. Coaches and spectators must remain off the playing surface. Positive fan participation is encouraged. Negative fan participation is discouraged, considered unacceptable and will not be tolerated. Coaches and fans unable to control their emotions will be warned then asked to leave the premises if the unacceptable behavior persists. The referees are tasked to enforce the league rules as they apply to the game. The referee's decision is final where a judgment call is applied. Matters of procedure are not considered judgment calls and may be questioned by the coach or team captain. However, any discussion with the official(s) by the coach or team captain will be at the discretion of the official(s). Coaches are responsible for the conduct of their team members and fans. The gym supervisor, youth sports coordinator or youth sports director reserve the right to clear the gym of spectators to facilitate a wholesome environment for the players, their coaches and the referees.
17. **TRAVELING AND DOUBLE DRIBBLE:** Violations will be called strictly.
18. **SPORTSMANSHIP:** The 20-point spread rule is in effect. The game score will not accumulate once a 20-point spread is realized.

19. **FOULS:** A player will be disqualified from the game after he or she commits their sixth (6) foul. Any participant (player, coach, or spectator) assessed two (2) technical fouls in a game will be ejected from that game and must leave the gym.
20. **PRESENCE OF A COACH:** All teams will be represented by a coach at all games and practices. Only one coach and one assistant coach will be present along sidelines or with the players on the bench.