



We build strong **kids**, strong **families**,  
strong **communities**.

# Advanced Basketball League Rules of Play 2009-2010

**U-9, U-10, U-12, U-14, U-16, U-19  
Boys and Girls Divisions**

**Our mission:**

A worldwide charitable fellowship united by a common loyalty to Jesus Christ  
For the purpose of helping persons grow in spirit, mind and body.

Participation in the program governed by these rules of play shall be open to all teams/individuals interested in playing in the Advanced Basketball League.

- 1.) The goals of the Advanced Basketball League are as follows:
  - A.) Having fun and enjoying playing basketball. The program should be enjoyable, rich and rewarding.
  - B.) Putting winning in perspective as one goal among others, developing attitudes towards sports which broaden "winning" to include enjoyment, friendships made, and the learning of new skills.
  - C.) Learning the importance of teamwork and playing as a team member.
  - D.) Involving all players in the game, regardless of ability.
  - E.) Developing positive attitudes about the opposing team and the officials which recognize both as indispensable partners in the pleasure of playing basketball.
  
- 2.) Division groupings are as follows: Under-9, Under-10, Under-12, Under-14, Under-16 and Under-19. A player's assignment to a particular division is determined by his/her age as of July 31, 2009. Teams playing in the Advanced League will be placed in the division according to the oldest player on the roster. For example, a player who was 11 years old on July 31 would be assigned to the Under-12 division.
  
- 3.) All teams will be provided one (1) hour practice per week before and during the season.
  
- 4.) Every player shall play at least one (1) quarter of each game.
  
- 5a.) The Under-9 and Under-10 age divisions shall play four (4) seven (7) minute quarters. Substitutions can be made at any dead ball by notifying the clock keeper and being signaled to enter by a referee. The clock will run continuously, stopping only for free throws, injuries and time outs. For the last one (1) minute of each quarter the clock will be stopped on each whistle. Referees may use discretion to stop the clock at other times (i.e. when a ball has bounced away and there is considerable time delay in returning the ball to the court). When play is stopped for an injury subject to the referee's authorization, a player may be substituted for the injured player.
  
- 5b.) The Under-12 through Under-19 divisions shall play four (4) eight (8) minute quarters. Substitutions can be made at any dead ball by notifying the clock keeper and being signaled to enter by a referee. The clock will run continuously, stopping only for free throws, injuries and time outs. For the last one (1) minute of each quarter the clock will be stopped on each whistle. Referees may use discretion to stop the clock at other times (i.e. when a ball has bounced away and there is considerable time delay in returning the ball to the court). When play is stopped for an injury subject to the referee's authorization, a player may be substituted for the injured player.
  
- 6a.) The Under-9 and Under-10 divisions will shoot on 8 1/2 foot rims. A smaller, women's intermediate size basketball (28.5) will be used for the Under-9 and Under-10 divisions. See chart below.
  
- 6b.) The Under-12 through Under-19 divisions will shoot on 10 foot rims. A smaller, women's intermediate size basketball (28.5) will be used for the Under-12 boys divisions and all girls divisions. See chart below.

<u>AGE</u>	<u>Ball Size</u>	<u>Goal Height</u>	<u>GAME TIME</u>
U-9	28.5"	8' 6"	4 qtrs. of 7 min.
U-10	28.5"	8' 6"	4 qtrs. of 7 min.
U-12B & G	28.5"	10'	4 qtrs. of 8 min.
U-14/16/19B	29.5"	10'	4 qtrs. of 8 min.
U-14/16/19G	28.5"	10'	4 qtrs. of 8 min.

- 7a.) There shall be two time outs per team per half (**they do not carry over to the second half or overtime**). One time out will be allowed each team in overtime.
- 7b.) Overtime shall be a single two-minute period with a running clock, stopping only during the last one (1) minute of the period for free throws, out of bounds, etc. If this overtime period ends in a tie the second overtime period will be sudden death, first team to score wins.
- 7c.) A jump ball will start all overtime periods.
- 8.) Five (5) players are necessary to start an official game. An unofficial game shall still be played with less than five (5) players.
- 9.) The three (3) Point line will be in effect for the Under-12 through Under-19 divisions (**not in the Under-9 & Under-10 divisions**). The three (3) point shot will **NOT** be in effect in the gyms that do not have the three (3) point line.
- 10.) **15 Point Rule** - when a team gains a 15 point or greater advantage during any portion of any game, the team that leads is highly encouraged to refrain from full court press, double teaming a player or the ball, and fast breaking off a defensive rebound.
- 11.) On the seventh (7) violation of each half, 1 and 1 bonus foul shots will be taken. On the tenth (10) violation teams will be in the double bonus and shoot two (2) foul shots. Only five (5) personal fouls will be allowed each player per game.
- 12.) **ALL TECHNICAL FOULS ARE TWO (2) SHOT FOULS.**
- 13.) The three (3) second lane violation will be in effect.
- 14.) We will have an alternate possession on jump ball calls. A regular jump ball will take place at the beginning of the game. From that point on, jump ball calls will result in the two (2) teams alternating taking the ball out of bounds. The first possession will go to the team that did not gain control of the opening jump ball. An indicator will be placed at the scorers' table to show which team gets possession of each jump ball. A jump ball will start all overtime periods.
- 15.) Each team is allowed only three (3) bench personnel, ex. head coach, assistant or manger in the team area. **ONLY THE HEAD COACH MAY STAND DURING A GAME.**
- 16.) **Each team must provide a scorekeeper** and ensure that the score & fouls are properly recorded during each ball game. The scorekeeper shall sit at the score table and shall sign, date and list phone number before leaving the gym area. **Each team coach is responsible** for assuring that the score sheet is complete and correct. The YMCA will provide a clock keeper for each game.
- 17.) Only Players on the official roster may play. Violation of this shall result in forfeiture of the game and possible expulsion from the league.
- 18.) If a player is ejected from a game, the player must leave the team bench but may remain in the stands among spectators as long as his/her continued presence does not cause a problem. If an adult (coach or spectator) is ejected from a game, the adult must leave the gymnasium. Failure to comply with these provisions shall mean forfeiture of the game. See code of conduct in the YMCA Coaches Manual for details on suspensions.
- 19.) All other rules will be in conformance with the YMCA Youth Sports Guidelines and the TSSAA High School Rules, Current Edition.