



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

Recreation Basketball League Rules of Play 2009-2010

**U-12, U-14 & U-15
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 individuals interested in playing recreation basketball. All players will be assigned to teams by the YMCA.

- 1.) The goals of the Recreation 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-12, Under-14 & Under-15. A player's assignment to a particular division is determined by his/her age as of July 31, 2009. 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 allowed one (1) hour practice per week before and during the season. Any coach that abuses the above rule will be issued a warning by the YMCA Sports Staff. Any further abuses will result in suspension of the coach for the remainder of the season.

- 4.) The following participation formulas are to assist you in substituting when you have 6, 7, 8, or 9 players present on game days. These are not the only options; they are here to assist you. Coaches are encouraged to equalize playing time as much as possible.

ROSTER OF 9 PLAYERS			1stQ	2ndQ	3rdQ	4thQ
1=5	6=4	4 Players play	1 6	2 7	3 8	4 9
2=5	7=4	2 ½ quarters	2 7	3 8	4 9	5 1
3=5	8=4		3 8	4 9	5 1	6 2
4=5	9=4	5 Players play	4 9	5 1	6 2	7 3
5=4		2 quarters	5 1	6 2	7 3	8 4

ROSTER OF 8 PLAYERS			1stQ	2ndQ	3rdQ	4thQ
1=5	5=5	All Players play	1 6	3 8	5 2	7 4
2=5	6=5	2 ½ quarters	2 7	4 1	6 3	8 5
3=5	7=5		3 8	5 2	7 4	1 6
4=5	8=5		4 1	6 3	8 5	2 7
			5 2	7 4	1 6	3 8

ROSTER OF 7 PLAYERS			1stQ	2ndQ	3rdQ	4thQ
1=6	5=6	5 Players play	1 6	4 2	7 5	3 1
2=6	6=5	3 quarters	2 7	5 3	1 6	4 2
3=6	7=5		3 1	6 4	2 7	5 3
4=6		2 Players play	4 2	7 5	3 1	6 4
		2 ½ quarters	5 3	1 6	4 2	7 5

ROSTER OF 6 PLAYERS			1stQ	2ndQ	3rdQ	4thQ
1=7	4=7	4 Players play	1 6	5 4	3 2	1 6
2=7	5=6	3 ½ quarters	2 1	6 5	4 3	2 1
3=7	6=6		3 2	1 6	5 4	3 2
		2 Players play	4 3	2 1	6 5	4 3
		3 quarters	5 4	3 2	1 6	5 4

- 5.) The Under-12 and Under-14 divisions shall play four (4) eight (8) minute quarters substituting at the closest Dead Ball to the four (4) minute mark of each quarter and at the end of each quarter. All players on the bench at each opportunity for substitution shall enter the game. **Every player shall play at least half of each game.** The clock will run continuously, stopping only for free throws, substitutions, 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. The injured player may not re-enter until the next substitution period.
- 6.) The Under-12 and Under-14 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.
- 7.)
 - A.) 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.
 - B.) 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 game will be a Draw. In tournament play where the game must have a winner the above will continue until a winner is determined.
 - C.) 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-14 division **(not in the Under-12 division)**. The three (3) point shot will **NOT** be in effect in the gyms that do not have the three (3) point line.
- 10.) **10 Point Rule** - when a team gains a 10 point or greater advantage during any portion of any game, the team that leads may not full court press, may not double team a player or the ball, and may not fast break off a defensive rebound.
- 11.) "Warnings" shall be given by the referee for violation of the 10 point rule **(see rule # 10 above)** One (1) warning shall be given per half. On the second (2) and all subsequent warnings during each half a technical foul shall be called.
- 12.) After six (6) team fouls, the 1 and 1 bonus foul shots will be taken on the seventh (7) violation. Only five (5) personal fouls will be allowed each player per game.
- 13.) **ALL TECHNICAL FOULS ARE TWO (2) SHOT FOULS.**
- 14.) The three (3) second lane violation will be in effect.
- 15.) 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.
- 16.) Each team is allowed only one coach and assistant in the team area.
ONLY THE HEAD COACH MAY STAND DURING A GAME.

- 17.) **Each team must provide a scorekeeper** and ensure that the score & substitutions are properly recorded at the end of 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.
- 18.) Only Players on the official roster may play. Violation of this shall result in forfeiture of the game.
- 19.) 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.
- 20.) All other rules will be in conformance with the YMCA Youth sports Guidelines and the TSSAA High School Rules, Current Edition.