



**Edmond YMCA  
4 / 5 / 6 Year Old Developmental  
Youth Basketball League Rules  
Winter 2008**

**I. Playing Time**

4 Year Olds will play Four on Four.  
5 & 6 Year Olds will play Five on Five.  
All players must play equal parts of the game.

**II. Official Game Time**

Four (8) minute quarters. The clock will run continuously and will only be stopped for time outs, injuries and the last thirty (:30) seconds of each quarter on all dead ball situations. There will be one minute between quarters and three minutes for half time.

**III. Press**

No press of any type is allowed. Players must retreat across the mid-court line and allow the ball and the player with the ball to cross mid-court unimpeded.

**IV. Time Outs**

Each team is allowed two (2) time-outs per half; time-outs will not carry over from half to half. Time-outs will last approximately one (1) minute. The coach or the players on the court may call time-outs. The team in possession of the ball can only call a time-out. If a dead ball situation occurs, either team may call a time-out.

**V. Scoring**

No score will be kept on either the scoreboard or at the official's table.

**VI. Defense**

*Man-to-man is the only defense permitted in this league.*

Players will wear colored wristbands. They will guard the player on the opposing Team with the matching color and may only steal the ball from that player in the frontcourt. Any player may stop a fast break or pick up a loose ball in the frontcourt. The penalty for infraction of this rule is to return the ball to the offensive team. Shot attempts may be blocked. No double-teaming will be allowed.

**VII. Basket Height**

4 Yr. Old: Basket height will be six and a half (6.5) feet.  
6 and Under: Basket height will be seven and a half (7.5) feet.  
Free throws will be shot from the ten (10) foot line.

**VIII. Ball Size**

Junior size ball (27.0)

# **YBASKETBALL™**

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## **4 / 5 / 6 Year Old (Continued)**

### **IX. Miscellaneous**

- A. Each team will provide one individual for the official's table.
- B. Jump ball will begin the game with alternating possession there after.
- C. No lane violations will be called in this league.
- D. Ten-minute rule. A forfeit is called ten (10) minutes after scheduled game time if one team does not have enough players to start the game. A team may start and end the game with as few as three (3) players.
- E. Games will not be rescheduled due to a team conflict with the published schedule. The only games that will be rescheduled will be result of inclement weather or a problem with the facility.
- F. One coach may be permitted on the floor during a game. All other coaches must remain in the bench area.

**Note:** This is an instructional league. The rules have been modified to help all players develop proper fundamentals and the have a positive introductions to the sport of basketball. Officials will not call a very close game. The officials will explain all violations and fouls.



**Edmond YMCA**  
**7 / 8 Year Old Youth Basketball**  
**Winter Rules 2008**

**X. Playing Time**

Play will be five on five. All players must play equal parts of the game.

**XI. Official Game Time**

Four (4), eight (8) minute quarters. The clock will run continuously and will only be stopped for timeouts, injuries and the last minute (1:00) of each quarter on all dead ball situations. There will be one minute between quarters and three minutes for half time

**XII. Press**

No press of any type is allowed. Players must retreat across the mid-court line and allow the ball and the player with the ball to cross mid-court unimpeded.

**XIII. Time Outs**

Each team is allowed two (2) time-outs per half; time-outs will not carry over from half to half. Time-outs will last approximately one (1) minute. The coach or the players on the court may call time-outs. The team in possession of the ball can only call a time-out. If a dead ball situation occurs, either team may call a time-out.

**XIV. Scoring**

No score will be kept on the scoreboard. Score will be kept at the scorer's table.

**XV. Defense**

*Man-to-man is the only defense permitted in this league.*

Players will wear colored wristbands. They will guard the player on the opposing Team with the matching color and may only steal the ball from that player in the frontcourt. Any player may stop a fast break or pick up a loose ball in the frontcourt. The penalty for infraction of this rule is to return the ball to the offensive team. Shot attempts may be blocked. Players may switch when screened, but must return to their man on the next possession. No double-teaming will be allowed.

**XVI. Basket Height**

Basket height will be eight and a half (8.5) feet.  
Free throws will be shot from the ten (10) foot line.

**XVII. Ball Size**

Junior size ball.

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## 7 / 8 Year Old (Continued)

### **XVIII. Miscellaneous**

- A. Each team will provide one individual for the official's table.
- B. Jump ball will begin the game with alternating possession there after.
- C. No lane violations.
- D. Bonus one and one foul shooting begins on the seventh (7<sup>th</sup>) team foul of each half. Double bonus foul shooting begins on the tenth (10) team foul of each half. A player receiving his/her fifth personal foul will be disqualified from the remainder of the game.
- E. Ten-minute rule. A forfeit is called ten (10) minutes after scheduled game time if one team does not have enough players to start the game. A team may start and end the game with a few as four (4) players.
- F. Games will not be rescheduled due to a team conflict with the published schedule. The only games that will be rescheduled will be result of inclement weather or a problem with the facility.
- G. One coach may be permitted on the floor during a game. All other coaches must remain in the bench area.

**Note:** This is an instructional league. Officials will be more lenient at first but will call the games more closely as the season progresses and player's skills develop. The officials will explain all violations and fouls.



**Edmond YMCA**  
**9 / 10 / 11 / 12 Year Old**  
**Developmental League Rules**  
**Winter 2008**

**XIX. Playing Time**

Play will be five on five. All players must play at least half of the game.

**XX. Official Game Time**

Four (4), eight (8) minute quarters. The clock will run continuously and will only be stopped for timeouts, injuries and the last minute (1:00) of each quarter on all dead ball situations. There will be one minute between quarters and three minutes for half time.

**XXI. Press**

Full court press is allowed. However, when a team is ahead by 10 points, they must retreat and allow the offense to cross the mid-court line unimpeded.

**XXII. Time Outs**

Each team is allowed two (2) time-outs per half; time-outs will not carry over from half to half. Time-outs will last approximately one (1) minute. The coach or the players on the court may call time-outs. The team in possession of the ball can only call a time-out. If a dead ball situation occurs, either team may call a time-out.

**XXIII. Scoring**

When a team is ahead by 20 points or more, the team that is ahead will not have points added to the score on the scoreboard.

**XXIV. Defense**

Stealing- the ball may be stolen at anytime in this league. However, when a team is ahead by 10 points, defense must pick-up at half-court.

*Both man-to-man and zone defenses are permitted in this league.*

**XXV. Basket Height**

Basket height will be ten (10) feet.

Third & Fourth Grades – Free throws will be shot from the twelve (12) foot line.

Fifth & Sixth - Free throws will be shot from the regular free throw line (15 feet).

**XXVI. Ball Size**

9/10 – 28.5” ball (official women’s size ball)

11/12 –

Girls - 28.5” ball (official women’s size)

Boys – official regulation size ball.

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## **9 / 10 / 11 / 12 Year Old Developmental (continued)**

### **XXVII. Miscellaneous**

- A. Each team will provide one individual for the official's table.
- B. Jump ball will begin the game with alternating possession thereafter.
- C. 9 / 10 – Five (5) seconds will be allowed in the lane.
- D. 11 / 12 - Three (3) seconds will be allowed in the lane.  
Bonus one and one foul shooting begins on the seventh (7<sup>th</sup>) team foul of each half.  
Double bonus foul shooting begins on the tenth (10) team foul of each half. A player receiving his/her fifth personal foul will be disqualified from the remainder of the game.
- E. Ten-minute rule. A forfeit is called ten (10) minutes after scheduled game time if one team does not have enough players to start the game. A team may start and end the game with a few as four (4) players.
- F. Games will not be rescheduled due to a team conflict with the published schedule. The only games that will be rescheduled will be result of inclement weather or a problem with the facility.
- G. All coaches must remain in the bench area.



**YMCA of Greater Oklahoma City**  
**METRO LEAGUE**  
**U15 and U18**  
**Youth Basketball League Rules**  
**Winter 2008**

**XXVIII. Playing Time**

Play will be five on five. All players must play equal parts of the game.

**XXIX. Official Game Time**

There will be two twenty-minute halves. The clock will run continuously and will only be stopped for timeouts, injuries and the last two minutes (2:00) of each quarter on all dead ball situations.

**XXX. Press**

Full court press is allowed. However, when a team is ahead by 10 points, they must retreat and allow the offense to cross the mid-court line unimpeded.

**XXXI. Time Outs**

Each team is allowed two (2) time-outs per half; time-outs will not carry over from half to half. Time-outs will last approximately one (1) minute. The coach or the players on the court may call time-outs. The team in possession of the ball can only call a time-out. If a dead ball situation occurs, either team may call a time-out.

**XXXII. Scoring**

When a team is ahead by 20 points or more, the team that is ahead will not have points added to the score on the scoreboard.

**XXXIII. Defense**

Stealing- the ball may be stolen at anytime at this grade level. However, when a team is ahead by 10 points, defense must pick-up at half-court.

*Both man-to-man and zone defenses are permitted in this league.*

**XXXIV. Basket Height**

Basket height will be ten (10) feet.

Free throws will be shot from the regular free throw line (15 feet).

**XXXV. Ball Size**

Girls - 28.5" ball (official women's size)

Boys – official regulation size ball.



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**METRO LEAGUE (CONT')**

**XXXVI. Miscellaneous**

- A. Each team will provide one individual for the official's table.
- B. Jump ball will begin the game with alternating possession thereafter.
- C. Three (3) seconds will be allowed in the lane.  
Bonus one and one foul shooting begins on the seventh (7<sup>th</sup>) team foul of each half. Double bonus foul shooting begins on the tenth (10) team foul of each half. A player receiving his/her fifth personal foul will be disqualified from the remainder of the game.
- D. Ten-minute rule. A forfeit is called ten (10) minutes after scheduled game time if one team does not have enough players to start the game. A team may start and end the game with a few as four (4) players.
- E. Games will not be rescheduled due to a team conflict with the published schedule. The only games that will be rescheduled will be result of inclement weather or a problem with the facility.
- F. All coaches must remain in the bench area.



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