



SHAWNEE YMCA

U11 and U14 - Thunder Basketball Rules

Winter 2023-2024

I. Playing Time

- A. All ages will play 5 on 5.
- B. All players must play at least half of the game

II. Official Game Time

- A. Four (8) minute quarters.
- B. The clock will run continuously and will only be stopped for free throws, time outs, injuries, and the last minute of each quarter on all dead ball situations.
- C. There will be one minute between quarters and three minutes for half time.

III. Press

- A. Full court press is allowed.
- B. When a team is ahead by 15 points, they must retreat and allow offense to cross the mid-court line unimpeded until the score falls below 15 points again.

IV. Time Outs

- A. Each team is allowed two (2) time-outs per half; time-outs will not carry over from half to half.
- B. Time -outs will last approximately 30 Second.
- C. The coach or the players on the court may call time-outs.
- D. The team in possession of the ball can only call a time-out.
- E. If a dead ball situation occurs, either team may call a time-out.

V. Scoring

- A. Scores will be kept on the scoreboard and at the official's table for this league.
- B. 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. It will be kept track of on scoresheet.

VI. Defense

- A. Both man-to-man and zone defenses are permitted in this league.
- B. The ball may be stolen at any time during this league.
- C. When a team is ahead by 15 points, the defense must pick-up at half-court and not full court.

VII. Basket Height / Free Throws

- A. Basket height will be 10 (10.0) feet.
- B. Free throws will be shot from regular free throw line.
- C. No more 1 and 1 shots. Each team will be in the double bonus when a team gets 5 fouls in a quarter. Team foul count will reset each quarter.

VIII. Ball Size

- A. U11 will be using an official women's size ball (28.5).
- B. U14 will be using an official men's size ball (29.5).

IX. Miscellaneous

- A. Each team will provide one individual for the official's table if needed.
- B. Tip-off will begin the game with alternating possession thereafter.
- C. A player receiving his/her fifth personal foul will be disqualified from the remainder of the game.
- D. A team may start and end the game with as few as four (4) players
- E. A forfeit is called ten (10) minutes after scheduled game time if one team does not have enough players to start the game.
- F. Games will not be rescheduled due to a team conflict with the published schedule. The only games that will be rescheduled will be the result of inclement weather or a problem with the facility.
- G. One coach is allowed to be standing during the game within their bench area. All other coaches must remain on the bench.
- H. The following rules will be the official playing rules. Should a dispute occur, we will refer to the following set up rules first and then to the NFHS Rule Book. The Sports Director or Sports Coordinator (s) will have the final ruling in all matters.

I. Games will not be rescheduled due to a team conflict with the published schedule. The only games that will be rescheduled will be the result of inclement weather or a problem with the facility.

J. If a coach or a fan is ejected from the game, they will automatically be ineligible for the next game. Further penalty may be assessed if necessary.

X. YMCA Mission Statement

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.