YMCA of Metro Denver Basketball League

10–11 Year Old Division Rules

GAME STRUCTURE

- 4 quarters (10 minutes each) – Running clock (stops last 2-minutes if within 15 pts)
- YMCA Sports Pledge

ROSTER CHECK POLICY

- Conducted before every game

EQUIPMENT

- Boys: 29.5” basketball - Girls: 28.5” basketball
- 10-foot rims

DEFENSE & PRESS RULES

- Man-to-man or zone allowed
- Full-court press allowed **until a 15-point lead is established**
- Once lead is **15 points or more**, press must stop
- If lead drops below 14 points, press may resume

PRESS VIOLATION

- First offense: warning
- Second offense: technical foul
- Technical foul = Automatic 2 points + possession to opponent

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GAME PLAY RULES

- Scores kept
- 5 fouls = disqualification
- Overtime is 2 minutes with a stop clock. If tied, another 2-minute period follows. If still tied, the game ends as a draw. Each team gets one timeout in overtime. Timeouts do not carry over, but fouls do.
- Bonus occurs when a team commits 5 team fouls per quarter; they will shoot 1-1; Double bonus occurs when a team commits 10 team fouls in a quarter.
- Mercy Rule is in effect when a team is up 30 points in the last 5 minutes of the game.

BASIC VIOLATIONS

- **3-second lane violation enforced**
    - Offensive player may not remain in lane >3 seconds without action
    - Reset after shot attempt or pass
- **5-second closely guarded violation**
    - Player must dribble, pass, or shoot within 5 seconds
- **5-second inbound rule**
    - Player has 5 seconds to inbound the ball
- **10-second backcourt rule**
    - Team must advance ball past half court within 10 seconds

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TIMEOUTS

- 2 per half (1 minute each)

TECHNICAL FOUL POLICY (8–14 DIVISIONS)

- Each technical foul = **Automatic 2 points + possession to opponent**

PLAYER DISCIPLINE

- 2 technical fouls in a game = ejection from game & facility + 1-game suspension

- 3 in a season = 1-game suspension + YMCA Sports Leader & Executive meeting
- 4 in a season = removal from league (no refund)

COACH DISCIPLINE

- 2 in a game = ejection from game & facility + next game suspension (YMCA Sports Leader discretion)
- 3 in a season = minimum 1-game suspension
- 4 in a season = removal from coaching duties

VOLUNTEER COACH REQUIREMENTS

All volunteer coaches must have successfully completed the YMCA Volunteer Coach Onboarding Process, which includes:

- YMCA background check (approved clearance required)
- YMCA Youth Sports training requirements
- Attendance at preseason coaches meeting
- Must wear official YMCA Volunteer Coaches Shirt at all games and Practices
    - This is required so our volunteer coaches are easily identifiable.
- Maximum of 2 coaches per team bench
- Only rostered approved coaches may sit on the bench
- Only 1 coach may stand at a time
- Substitute coaches must be approved by the YMCA Sports Leader prior to participation

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YMCA VALUES

Caring • Honesty • Respect • Responsibility • Inclusion