



Summer Basketball 2026



PLAYING SPORTS AT THE YMCA

- Schedules, Rules, Maps, Etc.
 - www.quickscores.com/shawneeymca
 - All information regarding schedule changes/updates, weekly info for practice or games, and helpful resources will be sent to coaches.
- Equipment Needed
 - OKC Thunder jersey. You can purchase at the front desk for \$25 any time before your first game.
 - Athletic shoes of any sort.
 - Players are able to bring their own basketballs.
- If you have not heard from a coach by May 23rd @ 12pm, please contact your local YMCA Sports Department for team information.
- ***Basketball game schedules will be posted May 30th and games will begin June 5th and 6th.***

For specific game locations, please see your schedule and visit the locations tab on QuickScores.
- Tom Flora Photography is the official photographer for the YMCA Sports Programs. A portion of each sale goes back to the YMCA Annual Campaign making sure no one is turned away from the YMCA.
- All Players will receive an end of season medal. Coaches will pass these out after the final game

COACHING AT THE YMCA

- Consent for Criminal Background Check Form
 - Submit to the YMCA Sports Department by registration deadline of sport you are planning to coach. All documents can be found on www.quickcores.com/shawneeymca
 - *If you completed the background check form and trainings previous seasons, you do not need to complete another round of it.*
- Complete 3 online coach's trainings @ <http://training.ymca.net>
 - **Core Course:** "Coaching YMCA Youth Sports"
 - **Coaches Courses:** Course designed for specific sport you're coaching
 - **Extra Info Course:** "Heads Up: Concussions in Youth Sports"
- Submit coach's training course completion certificates to your local YMCA Sports Department by email.
- Join Basketball GroupMe thread. QR code for scan
- Receive Roster. Schedule team practices via email or phone call with YMCA Sports Staff.

Contact your team

- Introduce yourself. Reach out no later than Friday evening May 22nd.
- Inform team of practice/game schedule and required jersey purchase if they do not have one from previous seasons.
- Take volunteers for assistant coaches, snack list, etc.
- Attend team pictures as scheduled by YMCA Photographer and the YMCA Sports Department
- Attend weekly practice(s) and game(s) – have practice planned out for more organizational purposes.
- Distribute medals to players at last game or schedule end of season celebration.
- Questions? Contact your local YMCA Sports Department
 - Brendon Johnson bjohnson@shawneeymca.org Sports Director
 - Grady Nowlin gnowlin@shawneeymca.org Sports Coordinator

Shawnee Family YMCA

Parents Code of Ethics

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.

I will place the emotional and physical well-being of each child ahead of a personal desire to win.

I will support the implementation of the YMCA's four-character development values-caring, honesty, respect and responsibility.

I will attend all practices and games for my child, or make appropriate arrangements for an adult to be present.

I will demand a sports environment for my child that is free of drugs, tobacco (all forms) and alcohol, and will refrain from their use at all YMCA youth sports events.

I will remember the game is for youths – not for adults.

I will do my very best to make the youth sports experience for my child.

I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching or character development or providing transportation.

I will treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

Shawnee Family YMCA

Coaches Creed

I pledge myself to uphold the high standards of the YMCA in all my associations with team members, coaches, spectators, staff, volunteers, and opposing teams.

I will exemplify all the principles of good sportsmanship and instill them in the youth under my care. I will not permit any unsportsmanlike conduct from players or spectators representing the team I am coaching.

I will, by personal example, display the qualities of leadership that will inspire youths to strive toward the goal of good leadership and sportsmanship.

In accordance with the YMCA principles, I shall make fair play and good sportsmanship the primary objective of all competition. I will follow the YMCA rules on playing time and provide equal opportunities to all.

My primary aim as a YMCA coach shall be the development of youth, spiritually, mentally, and physically.

I will abide by and uphold the rules and regulations governing athletic contests, as established by the YMCA. I will follow the YMCA practice plan and implement the fitness concepts & character concepts.

I will, before any athletic contest is started, line up all my team players and coaches together with the officials and recite the YMCA Pledge or a prayer.

I will, after any athletic contest is completed, line up my team facing our opposition and lead them in shaking hands or some form of non-contact recognition, with the opposing team.

I have read the Coaches Creed and fully agree with the conditions of the creed. I fully understand the team I am coaching is not my team, but as a YMCA team, and I understand that I will be relieved of my duties as a coach if found guilty of any major violation.

YMCA SPORTS PLEDGE

This will be said by the YMCA official before every youth game at center court.

**WIN OR LOSE,
I PLEDGE BEFORE GOD
TO PLAY THE GAME
AS WELL AS I KNOW HOW;
TO OBEY ALL THE RULES,
TO BE A GOOD SPORT AT ALL
TIMES,
AND TO IMPROVE MYSELF
IN SPIRIT, MIND, AND
BODY.**

ABCs of Working with Kids

A is for Active You have to be active. If you sit out of every activity, the kids won't think you care about them.

B is for Belonging. Children want to belong; you have the ability to help them feel as they do belong.

C is for Cheerful Be cheerful. Even if you're in a bad mood, be sure to keep a smile on your face. A bad day for you is a bad day for the kids.

D is for Desire You have to have the desire to give kids a fun program.

E is for Everyone Interact with everyone and get everyone involved! If you notice one of the kids in your group is shy, be sure to get him/her involved with the other kids even more.

F is for Funny Kids don't want an adult who's serious all of the time. Make jokes, have a good time.

G is for Guide It's your job to guide your children in the right direction of their life.

H is for Happy this is a given. You have to be happy. Don't be angry all of the time.

I is for Independence Teach children to become more independent than they are.

J is for Join in Don't sit on the side lines. Participate and have fun with the kids. Even if it means running around a playground or going down a slide. Do it.

K is for Kids This could have two meanings. The first means that you have to be good with kids to be a successful. The second is to let the kid inside of yourself come out. You may not be the most active or creative person outside of this program, but here that doesn't matter. Even if you aren't the best at drawing, draw anyway.

L is for Laugh You should always laugh. If one of the kids tells you a story or joke that they find funny but you don't, laugh anyway. Of course, remember to laugh at appropriate times.

M is for Make Friends Make friends with the kids. Obviously this will probably happen, but make sure it does. Never ignore one child. Also, have kids make friends with each other.

N is for No Yelling You should never yell. You might scare them or make a bad situation worse. Or if you yell enough, they might actually get used to it and yelling won't be a threat to them.

O is for Options Give options. They'll have to learn sometime to choose and make decisions. Why not help them out? Sometimes they might not like the options, but they'll have to choose.

P is for Patience Have patience. This is pretty self-explanatory.

Q is for Questions Instead of punishing two kids for fighting right away, ask questions. Ask why they were fighting, what started it, who started it, was there a better way to solve the problem.

R is for Relationships Build relationships with the children.

S is for Sanity Be sure to keep your sanity, no matter how stressful times can get. Talk to other adults for suggestions.

T is for Teach, Teach the ways of life. Teach them to try and become the best person they can be.

U is for Understanding We are all understanding people. If a child is upset, sit down and talk with them and listen to what they have to say.

V is for Vigilance We are in charge of making sure things are safe in our program.

W is for Wisdom Share your wisdom with the kids and watch them grow as the weeks go on.

X is for excellence You have a limited amount of time to give to the kids. Give it your all 100% of the time and be excellent.

Y is for Yes I Can This is not only a place for kids to learn new things and explore outside of their comfort zone; we can do this too!

Z is for Zzz Let's face it: get all the sleep you need to be well-rested!

Top Ten Tips for Working with Kids

1. **Get to know each one individually.**

Take time to get to know some of the interests, talents, and qualities of each child. Until your children feel they are building a relationship with you, that is the point where they start to feel secure and connected.

2. **Get into routines right away.**

For most children, routines provide security because they are predictable, and they help to know what is expected of them. For example, try using the "five-minute warning" routinely before the end of every activity period. Announce to kids, "Okay, we have five minutes before we have to clean up!" Transitions are hard for children because they involve a small loss of what they have just invested their pride and energy into doing. Using the five-minute warning consistently in other words, doing it routinely, helps children master those transitions.

3. **Keep your directions simple!**

Giving too many things to do at once is confusing and often results in not too much getting done! Especially for younger children who have shorter attention spans and for children who are easily distracted, try the following

routine:

Step 1: Tell a child one thing to do. ("Get your homework out of your bag")

Step 2: Ask them to repeat back to you what you have just asked them to do. ("So what are you going to

do right now?")

Step 3: Instruct the child to come back and tell you when they've finished.

Step 4: Praise them for getting it done!

Step 5: Repeat the process with a new task for the child.

4. Get on their train before you try to get them on yours.

There's an expression called "getting on a train." When a child is doing something other than what she should be—rather than get into a struggle with her, experts suggest that you take a minute or two and join in whatever she is doing. In other words, take a moment to look at the pay attention to what they are doing before coaxing them away from it and onto the task at hand. Entering that child's world on her terms is a great way to develop influence with that child — which is a more powerful and lasting way of motivating children than using threats or force.

5. The human brain can't hold a negative.

When you tell a child at the swimming pool, "Don't run!" what his brain hears is "Run!" When you tell a child, "Don't talk while I'm talking!" his brain hears, "Talk while I'm talking!" It is impossible to tell someone not to do something without suggesting they do the very thing you don't want them to do. What is more effective is telling them what we want

them to do. For example, at the pool, say, "Walk!" In a meeting say, "Listen while I'm speaking. You can have a turn when I am finished". Turning negatives into positives is more than just a subtle rephrasing of words. Children today are visual learners, meaning they get a picture in their brains of what behavior we are suggesting when we talk. Giving them a clear picture of what we want, rather than what we don't want helps steer their behavior in a more constructive direction. "Keep your hands to yourself," or, "Use your words when you are upset," are examples of telling children what we want from them that help them behave more appropriately.

6. Sarcasm has no place here!

I once heard an adult shouting at children who were late to line-up: "Come on, ladies! My old grandmother moves

faster than you guys!" Sarcasm may be said with a hint of affection or humor, but this subtlety is lost on children

younger than fourteen — the age at which the human brain "gets" sarcasm. Not that children won't mimic the sarcasm

they witness... they will. But, what younger children "repeat" is simply hostility — any hint of affection or good-natured humor that one might

7. Drop the rope!

If you have ever heard a child say to an adult, "You're not the boss of me! I don't have to listen to you!" then you have witnessed an example of how American children have been encouraged to "speak up" and assert themselves. Unfortunately, many children today confuse rudeness with assertiveness. When a child says something provocative, like, "This is a free country! I can do what I want!" or, "My parents don't make me do that, you clean up!" rather than get into an argument — which I call picking up the emotional rope — use the following four-step response:

Step 1: Stay calm and let go of the provocation (in other words, drop the emotional rope!).

Step 2: Make children "right" about what they are "right" about. For example, "You're right. I'm not your parent!"

Or, "You're right — it is a free country! Isn't that great!"

Step 3: Pause and then simply say ". . . and . . . everybody knows that her, part of being responsible is cleaning up. And you can do this — it's no big deal!"

Step 4: Then stop talking and move on! One of the biggest mistakes adults make with children is we talk too much!

Less is more!

When it is clear that you are not going to pick up the bait and get into an argument, you throw that child off balance.

Second, using the word "and" as opposed to the word "but" helps kids stay with you. Third, state simply and calmly what everybody knows which helps you maintain the upper hand emotionally and signals to the child your confidence. When you detach and move on you are essentially taking the high road. Children would much rather argue with you than do what they are supposed to do. Detaching takes that option away. Picking up the "emotional rope" is the single greatest mistake adults make with children.

8. Try using the "triple play" with children who are having a hard time fitting in.

One of the challenges facing adults I hear about most frequently is the child who is a little socially awkward or shy.

This is where a technique I call the "triple play" comes in. Try pairing that child with one other child (preferably one he helps choose) and do a fun activity together. When children play together they get to know one another more easily and introduce them to others too.

9. Teach children how to share and have gratitude.

You may actually have to teach how to share or have a sense of gratitude. Teaching them how to share and have gratitude will help them work together. Try gathering the kids for a few minutes at the end of the day and have them raise their hands when they have an example to share with the group of something that happened that day that they are grateful for or something that someone has shared with them that day, like friendship or a toy or their time and help during clean-up. Encouraging gratitude helps create an environment where friendship and respect flourish.

10. Listen, Laugh and Enjoy.



Shawnee Family YMCA

U4 Thunder Basketball Rules

Winter 2025-26

I. Playing Time

- A. U4 will play 5 on 5.
- B. All players must play at least half of the game

II. Official Game Time

- A. Four (6) minute quarters.
- B. 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.
- C. There will be one minute between quarters and three minutes for half time.

III. Press

- A. No press of any type is allowed.
- B. Defensive players must retreat to inside of the offensive team's 3-point arc and allow the ball & the player with the ball to cross mid-court unimpeded.

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. We will keep score during games. No team will get ahead by more than 10 points.

VI. Defense

A. 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 wristband color. Any player may stop a fast break or pick up a loose ball in the frontcourt.

B. There will be no steals off the dribble.

C. Double-teaming will not be allowed.

D. The penalty for infraction of these rules will be to return the ball to the offensive team.

E. Shot attempts may not be blocked.

VII. Basket Height / Free Throws

A. Basket height will be six (6.0) feet.

B. No free throws during this league.

VIII. Ball Size

A. U4 will be using a mini size ball (25.5).

IX. Miscellaneous

A. Each team will provide one individual for the official's table if we need it.

- B. Home team will take ball at the beginning of each game.
- C. No lane violations will be called in this league.
- D. 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 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 the result of inclement weather or a problem with the facility.
- F. One coach is allowed on the court during game time.
- G. 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 will have the final ruling in all matters.
- H. Officials will be more aware of fouls as all officials will be taken through an officials/referee training at the beginning of the season.
- I. 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.



Shawnee Family YMCA

U6 Thunder Basketball Rules

Winter 2025-26

I. Playing Time

- A. U6 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 time outs, injuries, and the last thirty (:30) seconds 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. No press of any type is allowed.
- B. Defensive players must retreat to inside of the offensive team's 3-point arc and allow the ball & the player with the ball to cross mid-court unimpeded.

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 seconds.
- 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. Score will be kept only on the scoreboard for this league. No team will get up by more than 20 points.

VI. Defense

A. Man-to-man or zone defense is allowed in this league.

B. There will be no steals off the dribble. Steals can be made off the pass.

C. The penalty for infraction of these rules will be to return the ball to the offensive team.

D. Shot attempts may be blocked.

E. No defensive wristbands will be provided in this league.

VII. Basket Height / Free Throws

A. Basket height will be eight (8.0) feet.

B. Free throws will be shot from the (10) foot line.

VIII. Ball Size

A. A junior size ball (27.5).

IX. Miscellaneous

A. Each team will provide one individual for the official's table.

B. Home team will begin the game having possession with alternating possession thereafter.

C. No lane violations will be called in this league.

D. 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 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 the result of inclement weather or a problem with the facility.

F. One coach can be on the floor but must avoid being in the way of the game.

G. 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.

H. 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.

I. 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.



Shawnee Family YMCA

U8 Thunder Basketball Rules

Winter 2025-26

I. Playing Time

- A. U8 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 time outs, injuries, and the last minute of each quarter on all dead ball situations.
- C. There will be 1 minute between quarters and 3 minutes for half time.

III. Press

- A. No press of any type is allowed.
- B. Defensive players must retreat to inside of the offensive team's 3-point arc and allow the ball & the player with the ball to cross mid-court unimpeded. Then defense outside of arc can be played. There will be blue tape to mark the half court and defense can play out to that line once retreating inside the 3pt arc.

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 for this league. No team will get ahead by more than 20 points.

VI. Defense

- A. Man-to-man and zone defenses are permitted in this league.
- B. They are permitted to steal the ball from the opposing player off the pass; steals off the dribble are not permitted.
- C. The penalty for infraction of these rules will be to return the ball to the offensive team.
- D. Shot attempts may be blocked.
- E. Loose ball is defined by the offensive player having the right to catch the ball but does not complete the catch, thus becoming loose and giving the defense a chance to pick it up.

VII. Basket Height / Free Throws

- A. Basket height will be eight (8.0) feet.
- B. Free throws will be shot from the ten (10) foot line.

VIII. Ball Size

- A. U8 will be using a women's size ball (28.5).

IX. Miscellaneous

- A. Any player who commits the same foul repeatedly will be asked to sit out for a period of time.
- B. Tip-off will begin the game with alternating possession thereafter.
- C. No lane violations will be called in this league.
- D. 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 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 the result of inclement weather or a problem with the facility.
- F. One coach may be permitted on the floor during a game and will need to position themselves to avoid any game interference. Coaches may not stand under the basket on the court. All other coaches must remain in the bench area.
- G. 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.

H. 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.

I. 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.

Note: This is an instructional league. The rules have been modified to help all players develop proper fundamentals and to provide a positive introduction to the sport of basketball.

X. YMCA Mission Statement

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



Shawnee Family YMCA

U10 Thunder Basketball Rules

Winter 2025-26

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.
- D. Teams will have 5 to 10 minutes to warm up

III. Press

- A. Full court press is allowed.
- B. When a team is ahead by 20 points, they must retreat and allow offense to cross the mid-court line unimpeded until the score falls below 20 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, no additional points will be displayed on the scoreboard for the leading team. However, all scores will continue to be recorded in the official scorebook to ensure accuracy and clarity for spectators and officials.

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 20 points, the defense must pick-up at half-court and not full court.
- D. Players can foul at out when picking up their 5th personal foul.

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. (Some kids will need to cross the line when shooting, officials will call it as fair for the kids needing to jump).

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. U10 will be using an official women's size ball (28.5).

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.



Shawnee Family YMCA

U12, U14 and U16 Thunder Basketball Rules

Winter 2025-26

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.
- D. Players will have 5 to 10 minutes to warmup before the game.

III. Press

- A. Full court press is allowed.
- B. When a team is ahead by 20 points, they must retreat and allow offense to cross the mid-court line unimpeded until the score falls below 20 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 seconds.
- 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, no additional points will be displayed on the scoreboard for the leading team. However, all scores will continue to be recorded in the official scorebook to ensure accuracy and clarity for spectators and officials.
- C. Score will continue for U16 when up by 20 or more.

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 20 points, the defense must pick-up at half-court and not full court.
- D. Players can foul out when picking up their 5th personal foul.

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. (Some kids will need to cross the line when shooting, officials will call it as fair for the kids needing to jump).

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. Division 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.