



SHAWNEE YMCA

U4 Thunder Basketball Rules

I. Playing Time

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

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.