FREQUENTLY ASKED BASKEBALL QUESTIONS

DEVELOPMENTAL LEAGUE



Division	Players	Ball Size	Goal Height	Defense	Standings Kept	Game Length
4 Year Old	5 v 5	27.5 (junior)	6.5 Feet	Man Only (Wristbands)	No	(4) Six Minute Quarters
6 & Under	5 v 5	27.5 (junior)	8 Feet	Man Only (Wristbands)	No	(4) Eight Minute Quarters
8 & Under	5 v 5	27.5 (junior)	9 Feet	Man Only (Wristbands)	No	(4) Eight Minute Quarters
10 & Under	5 v 5	Boys & Girls Women's Size (28.5)	10 Feet	Man or Zone (No Wristbands)	Yes	(4) Eight Minute Quarters
12 & Under	5 v 5	Boys - Official Girls - Women's	10 Feet	Man or Zone (No Wristbands)	Yes	(4) Eight Minute Quarters
16 & Under	5 v 5	Boys - Official Girls - Women's	10 Feet	Man or Zone (No Wristbands)	Yes	(4) Eight Minute Quarters

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FREQUENTLY ASKED BASKEBALL QUESTIONS

SPIRIT LEAGUE



Division	Players	Ball Size	Goal Height	Defense	Standings Kept	Game Length
8 & Under	5 v 5	27.5 (junior)	9 Feet	Man or Zone (No Wristbands)	Yes	(4) Eight Minute Quarters
10 & Under	5 v 5	28.5 (women's)	10 Feet	Man or Zone (No Wristbands)	Yes	(4) Eight Minute Quarters
12 & Under	5 v 5	Boys - Official Girls - Women's	10 Feet	Man or Zone (No Wristbands)	Yes	(4) Eight Minute Quarters

THUNDER BASKETBALL LEAGUE

4 Year Old / 6 & Under

Developmental League Basketball Rules

I. Playing Time

A. 4 Year Olds will play Five on Five.
B. 6 & Under will play Five on Five.
C. All players must play at least half of the game.

II. Official Game Time

A. 4 Year Olds will play Four (6) minute quarters.
B. 6 & Under will play Four (8) minute quarters.
C. 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.
D. 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 one (1) minute.
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. No score will be kept on either the scoreboard or at the official's table.

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 color. Any player may stop a fast break or pick up a loose ball in the frontcourt. Wristbands can only be changed during timeouts and end of quarters.

B. There will be no steals off the dribble.
C. No double-teaming will be allowed.
D. The penalty for infraction of these rules will be to return the ball to the offensive team.
E. Shot attempts may be blocked.

VII. Basket Height / Free Throws

A. 4 Yr. Old Basket height will be six and a half (6.5) feet.
B. 6 and Under Basket height will be eight (8) feet.
C. Free throws will be shot from the twelve (12) foot line.

VIII. Ball Size

A. Junior size ball (27.5)

IX. Miscellaneous

A. Jump ball will begin the game with alternating possession thereafter.
B. No lane violations will be called in this league.
C. 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 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. 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.

H. There are no protests regarding official's calls.

I. Home team must provide an adult volunteer to operate the game clock (Home Team). The game will not begin without the volunteer. Failure to provide a volunteer could lead to forfeit of the game.

J. 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.

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 healthy spirit, mind and body for all.

THUNDER BASKETBALL LEAGUE

8 & Under Developmental League

Basketball Rules

I. Playing Time

A. 8 & under will play Five on Five.
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. Once the ball has crossed the mid court line, defensive players may come outside of the 3-point 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 one (1) minute.
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 on the scoreboard and at the official's table. Standings will not be kept for 8 & Under.

VI. Defense

A. Man-to-man is the only defense permitted in this league. Players will wear colored wristbands. Wristbands can only be changed during timeouts and end of quarters.
B. 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.
C. The penalty for infraction of this rule is to return the ball to the offensive team.
D. Shot attempts may be blocked.
E. No double-teaming will be allowed.
F. In the 8U Division, when a screen occurs, the defensive players involved in the screen may switch off their matching wristband/offensive player. All players must return to guarding their matching wristband on the next dead ball.

VII. Basket Height / Free Throw Line

A. Basket height will be nine (9) feet.
B. Free throws will be shot from the twelve (12) foot line.

VIII. Ball Size

A. Junior size ball (27.5)

IX. Miscellaneous

A. Jump ball will begin the game with alternating possession thereafter.
B. No lane violations will be called in this league.
C. Bonus foul shooting (2 Shots) begins on the fifth (5th) team foul of each quarter.

D. Team Fouls reset each quarter.

E. A player receiving his/her fifth personal foul will be disqualified from the remainder of the game.
F. 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.
G. 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.
H. 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.

I. If a coach or a fan is ejected from the game, they are subject to be ineligible for the next game. Further penalty may be assessed if necessary.
J. There are no protests regarding official's calls.
K. Each team must provide an adult volunteer to operate the game clock (Home Team) and the score sheet (Away Team). The game will not begin until these volunteers are at the table. Failure to provide a volunteer could lead to forfeit of the game.
L. 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.

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 healthy spirit, mind and body for all.

THUNDER BASKETBALL LEAGUE

10 & Under / 12 & Under

Developmental League Basketball Rules

I. Playing Time

A. Both ages will play Five on Five.
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. Full court press is allowed.
B. When a team is ahead by 10 points, they must retreat and allow the offense to cross the mid-court line 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 one (1) minute.
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 on the scoreboard & at the official's table.
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.

VI. Defense

A. Both man-to-man and zone defenses are permitted in this league.
B. The ball may be stolen at anytime in this league.
C. When a team is ahead by 10 points, defense must pick-up at half-court.

VII. Basket Height / Free Throw Line

A. Basket height will be ten (10) feet.
B. 10 & Under Free throws will be shot from the twelve (12) foot line.
C. 12 & Under Free throws will be shot from the regular free throw line (15 feet).

VIII. Ball Size

A. 10 & Under Boys/Girls - 28.5" ball (official women's size ball)
B. 12 & Under Boys - Official regulation size ball.
C. 12 & Under Girls - 28.5" ball (official women's size)

IX. Miscellaneous

A. Jump ball will begin the game with alternating possession thereafter.
B. 10 & Under – Five (5) seconds will be allowed in the lane.
C. 12 & Under - Three (3) seconds will be allowed in the lane.
D. Bonus foul shooting (2 Shots) begins on the fifth (5th) team foul of each quarter. Team Fouls reset each quarter.
E. A player receiving his/her fifth personal foul will be disqualified from the remainder of the game.

F. A forfeit is called ten (10) minutes after scheduled game time if one team does not have enough players to start the game.
G. A team may start and end the game with a few as four (4) players.
H. 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.
I. All coaches must remain in the bench area.
J. If a coach or a fan is ejected from the game, they will be subject to being ineligible for the next game. Further penalty may be assessed if necessary.
K. There are no protests regarding official's calls.
L. If you believe your record is wrong, you have 2 weeks from the originally scheduled date to notify the Sports Department.
M. Each team must provide an adult volunteer to operate the game clock (Home Team) and the score sheet (Away Team). The game will not begin until these volunteers are at the table. Failure to provide a volunteer could lead to forfeit of the game.
N. 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.

X. YMCA Mission Statement

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

THUNDER BASKETBALL LEAGUE

14 & Under / 16 & Under

Developmental League Basketball Rules

I. Playing Time

A. League will play Five on Five.
B. All players must play at least half of the game.

II. Official Game Time

A. (4) Eight Minute Quarters
B. 3 Minutes (3:00) for Half Time
C. The clock will run continuously and will only be stopped for time outs, injuries and the last thiry seconds (:30) of each quarter on all dead ball situations.

III. Press

A. Full court press is allowed.
B. When a team is ahead by 10 points, they must retreat and allow the offense to cross the mid-court line 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 one (1) minute.
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 on the scoreboard & at the official's table.
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.

VI. Defense

A. Both man-to-man and zone defenses are permitted in this league.
B. The ball may be stolen at anytime in this league.
C. When a team is ahead by 10 points, defense must pick-up at half-court.

VII. Basket Height / Free Throw Line

A. Basket height will be ten (10) feet.
B. 16 & Under Free throws will be shot from the regular free throw line (15 feet).

VIII. Ball Size

A. 16 & Under Boys - Official regulation size ball.
B. 16 & Under Girls - 28.5" ball (official women's size)

IX. Miscellaneous

A. Each team must provide an adult volunteer to operate the game clock (Home Team) and the score sheet (Away Team). The game will not begin until these volunteers are at the table. Failure to provide a volunteer could lead to forfeit of the game.
A. Jump ball will begin the game with alternating possession thereafter.
B. 16 & Under - Three (3) seconds will be allowed in the lane.
C. Bonus foul shooting (2 Shots) begins on the fifth (5th) team foul of each quarter.
D. Team Fouls reset each quarter.

E. A player receiving his/her fifth personal foul will be disqualified from the remainder of the game.
F. A forfeit is called ten (10) minutes after scheduled game time if one team does not have enough players to start the game.
G. A team may start and end the game with a few as four (4) players.
H. 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.
I. All coaches must remain in the bench area and be a minimum 18 years of age or older.
J. If a coach, player, or a fan is ejected from the game, they will be subject to being ineligible for the next game. Further penalty may be assessed if necessary.
K. There are no protests regarding official's calls.
L. If you believe your record is wrong, you have 2 weeks from the originally scheduled date to notify the Sports Department.
M. 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.

X. YMCA Mission Statement

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

THUNDER BASKETBALL LEAGUE

Spirit League

The following rules will be the official playing rules for all divisions of the YMCA Spirit League. Should a dispute occur, we will refer to the following set up rules first and then to the NFHS Rule Book.

Court & Equipment

1. **Ball Size:**

8 & Under		27.5 (Junior Ball)
10 & Under		28.5 (Women's Ball)
12 & Under	Boys:	30.5 (Men's)
	Girls:	28.5 (Women's)

2. **Goal Height**

8 & Under	9.0 Feet
10 & Under	10.0 Feet
12 & Under	10.0 Feet

3. **Free-Throw & Lane Count**

8 & Under	Standard Line and 5 second lane count
10 & Under	Standard Line and 5 second lane count
12 & Under	Standard Line and 3 second lane count

Players, Substitutes and Equipment

1. **Substitutions** Free Substitution. Equal playing time in periods 1-3. Coaches discretion in the fourth period and overtime.

2. **Uniforms**

Home Team will provide/wear YMCA grey uniforms
Away Team will provide/wear YMCA blue uniforms

Definitions

1. Refer to the NFHS rulebook.

Scoring and Timing Regulations

1. **Length of Game**
   A. (4) Eight Minute Quarters
   B. 3 Minutes (3:00) for Half Time
   C. The clock will run continuously and will only be stopped for time outs, injuries and the last thiry seconds (:30) of each quarter on all dead ball situations.

2. **Time-Outs:**
Each team will receive 2 timeouts per half. These are full time-outs lasting 1-minute in length. Time-outs will not carry over.

3. **Overtime:**
Overtime will consist of 1 period, 3 minutes in length, with each team receiving 1 time-out. If the score is still tied after the 1st overtime, games will be recorded as a tie.

During the tournament, if tied at the end of the 1st overtime, a 2nd overtime will start after a 1-minute break. This process will repeat until a winner is determined.

4. **Time-out, Stopping Play**

Time-Out occurs and the clock, if running, shall be stopped for the entire game for:

- Time-Outs & Injuries Only

Time-Out occurs and the clock, if running, shall be stopped within the last minute of each half when the official signals:

- A foul
- A held ball
- A violation
- Injury
- Delay in getting a ball live
- Any Emergency
- Free Throws

Out of Bounds and the Throw In

1. **Player Location**

The location of a player or non-player is determined by where the player is touching the floor as far as being:

- Inbounds or out of bounds
- In the frontcourt or backcourt
- Outside (behind/beyond) or inside the three-point field goal line.

Throw-In – Designated Spot

The designated throw-in spot is 3 feet wide with no depth limitation and is established by the official prior to putting the ball at the thrower's disposal.

- The thrower must keep one foot on or over the spot until the ball is released. Pivot-foot restrictions and the traveling rule are not in effect for a throw-in.

THUNDER BASKETBALL LEAGUE

Lane Violations

8 & Under	5 Seconds
10 & Under	5 Seconds
12 & Under	3 Seconds

1. **Bonus Free Throw**

   - Bonus foul shooting (2 Shots) begins on the fifth (5th) team foul of each quarter. Team Fouls reset each quarter.

Types of Defense Allowed

8 & Under	Wristbands are not used in the Spirit League for Defense. Any type of half court defense is allowed. Full court press is allowed for the entire game unless up by10 points. If up by 10 or more, the defensive team must drop back to half court to allow the player with the ball to cross mid-court unimpeded. See fouls and penalties for violations.
10 & Under	Any type of half court defense allowed. Full court press allowed for the entire game unless up by 10 points. If up by 10 or more, the defensive team must drop back to half court to allow the player with the ball to cross mid-court unimpeded. See fouls and penalties for violations.
12 & Under	Any type of half court defense allowed. Full court press allowed for the entire game unless up by 20 points. If up by 20 or more, the defensive team must drop back to half court to allow the player with the ball to cross mid-court unimpeded. See fouls and penalties for violations.

THUNDER BASKETBALL LEAGUE

Closely Guarded – Guarding shall be the act of legally placing the body in the path of an offensive opponent. There is no minimum distance required, but the maximum distance between the guard and opponent shall be 6 feet when closely guarded. This applies when the opponent dribbles the ball or is holding it. The count is separate for both.

8 & Under / 10 & Under / 12 & Under 5 Seconds

Back Court

8 & Under / 10 & Under / 12 & Under 10 Seconds

Fouls and Penalties

Fouls are recorded. 5th foul disqualifies player

1. **Technical Fouls**
   - **Player** Upon receiving a technical foul, the player's action will be discussed by the officials and subject to ejection based on severity. Example: Fighting, Foul Language, etc. Any player receiving a second technical foul in a game, will be automatically ejected.
   - **Coach** 1st Technical results in the Coach being required to stay seated on the bench for the remainder of the current game. A 2nd Technical results in ejection from the current game and suspension from the next game. Coach must also meet with their branch specific YMCA Leadership Staff and/or Committee prior to returning to coaching.

Coach's Rule

1. One (1) Head Coach and one (1) assistant coach will be allowed on the bench during games.
2. Coaches must remain on or in front of their respective benches.
3. The Head Coach is the only coach allowed to address the officials before, during, or after the game. The assistant coach may confer with players and table personnel but only during dead ball situations.
4. If a player is injured, an official or YMCA staff person will call the coach on the floor. This is for the safety of all the players that could be injured by anyone running on the court unexpectedly.
5. Under no circumstances shall any coach confer with another player or coach from the opposing team in a negative manner. If YMCA staff witnesses such action, that coach will be asked to leave the game and will be under review with the YMCA Sports Committee.
6. Coaches are role models for our athletes, therefore you will be held to the highest YMCA standards of good character and positive behaviors.

THUNDER BASKETBALL LEAGUE

7. Each team must provide an adult volunteer to operate the game clock (Home Team) and the score sheet (Away Team). The game will not begin until these volunteers are at the table. Failure to provide a volunteer could lead to forfeit of the game.
8. There are no protests regarding official's calls.
9. If a coach, player, or a fan is ejected from the game, they will automatically be ineligible for the next game. Further penalty may be assessed if necessary.
10. If you believe your record is wrong, you have 2 weeks from the originally scheduled date to notify the Sports Department.
11. 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.