

PIEDMONT FAMILY YMCA 2008 YOUTH SUMMER BASKETBALL LEAGUE RULES

SPECIAL AGE LEVEL RULE APPLICATIONS:

Third/Fourth Grade

- Use (28.5) women's regulation ball
- Use 9-foot baskets
- Five-second lane violation
- Use adjusted foul line
- Man to man defense only
- Full court press last two minutes of the game only

Fifth/Sixth Grade

- Use (28.5) women's regulation ball (boys and girls)
- Use 10-foot baskets
- Five-second lane violation
- Use adjusted foul line
- Man to man defense only
- Full court press last two minutes of the game only

Seventh/Eighth Grade

- Use men's regulation ball
- High school rules in effect

High School

- Use men's regulation ball
- High school rules in effect

With the exception of a few modifications, the Virginia High School Rules govern all games. The modifications unique to our program are listed below.

1. **Clock** – All leagues will play with a running clock (8:00 minute quarters) except for:
 - a. Foul shots
 - b. Time outs (2-30 second and 2-full)
 - c. Final 2 minutes of the game
 - d. Substitution period (30 seconds)
 - e. Quarter breaks (1 minute)
 - f. Half time (3 minutes)
 - g. Injuries
2. **Player Time** – It is the intent of the YMCA basketball program to maximize every player's playing time. The table indicates the required playing time based on the number of players. Failure to maximize player time according to this table will result in a forfeit. Any player arriving after the start of the game is not guaranteed his/her complete complement of playing time.

(OVER)

When a player fouls out, the remaining play periods should be distributed to players in a manner that maximizes every player's playing time. If it is the last period and all players have played the same number of periods, the coach may substitute any eligible player to finish the remainder of the game.

<u>Number of Players</u>	<u>Required number of playing periods</u>
10	4 period maximum for all players
9	5 play 4 periods 4 play 5 periods
8	5 periods maximum for all players
7	2 play 5 periods 5 ply 6 periods
6	2 play 6 periods 4 play 7 periods
5	8 period maximum for all players

3. **Substitutions** –

- a) To assist coaches with keeping track of players plying time, substitutions will be allowed only before the start of each quarter and at substitution periods (middle of each quarter).
- b) In the event that a player is under duress and needs to be temporarily removed from the game, the referee has the authority to stop play and allow for a substitution.
- c) Injured players may be substituted at any time.
- d) Substitutions cannot be made during a time out.
- e) Changing of players should take less than 30 seconds.

4. **Timeouts** – Four timeouts per game (2-30 second and 2 full one-minute) will be allotted to each team.

5. **Forfeiture** – A game will be forfeited in the event that a team does not have at least 4 players ready to begin play no later than ten minutes after the scheduled starting time.

All leagues, twenty (20) point skunk rule: if a team is trailing by twenty (20) or more points with four (4) minutes or less until the end of regulation play, the clock shall run continuously except for timeouts.