

Basketball Rules and Information (Ages 11-14)



- Games will consist of four 9 minute quarters. (A fifth quarter will be added if more than 10 players on a team.)
- Clock will run continuously throughout the game except dead ball situations in the last 2 minutes of the game.
- Coaches will receive three time outs per game.
- Games will be played full court.
- All violations will be enforced including traveling and double dribbling.
- Hoops will be set at 10'.
- Players will use an official size ball.
- Only man to man defense is allowed.
- No wristbands are used for defense.
- Players must retreat to mid-court on change of possession except for the last 2 minutes of the game when pressing is allowed.
- Each child will play at least half of the game.
- Score will be kept.
- All players will receive t-shirt.
 - Benches **MUST** be cleared of all debris at the conclusion of the game.
 - The league is for children to have fun, get some exercise and to increase their skills along the way.
 - A positive, fun and safe atmosphere will be expected and maintained. Any spectator that threatens this atmosphere will be promptly escorted from the building and will not be allowed into the next game. Have fun, encourage all the children and relax!
 - Any changes to the game must be made prior to start of the game including both coaches, officials and YMCA staff.
 - Parents, Coaches, adults and kids must honor the Y's four core values:
 - CARING
 - HONESTY
 - RESPECT
 - RESPONSIBILITY