

## **YMCA BASKETBALL 7<sup>TH</sup>/12<sup>TH</sup> GRADE LEAGUE RULES**

- (1) Games will consist of four 8-minute quarters. Clock will run on everything except dead balls, free throws and time outs. 2 minutes in between quarters and 5 minute half time.
- (2) As coaches it is your responsibility to play everyone as equally as possible. General rule of thumb is play everyone at least 16 minutes and nobody over 24 minutes. Unless roster numbers dictate otherwise
- (3) Teams may choose to play man-to-man defense or zone defense
- (4) **\*\*High School League Only\*\*** Full Court pressing will be allowed as long as either team is not ahead by more than 10 points.
- (5) **\*\*Middle School Only\*\*** Teams may only press the last 2-Minutes of each half, as long as either team is not ahead by more than 10 points
- (6) Each team is permitted 2-time outs per half
- (7) A player will be considered fouled out after 5 fouls
- (8) In case of a tie after regulation. We will play a 2-minute overtime
- (9) All other rules will govern the same as OHSAA

\*If a player or coach is ejected from the game they must serve an automatic one game suspension as well as follow the "Pass The Whistle" guidelines\*\*

**\*\*Any other rules in question please contact Phil Henthorn\*\***