



We build strong kids, strong families, strong communities.

<p style="text-align: center;">DAILY FAMILY YMCA OF BIXBY YOUTH BASKETBALL RULES 11 & OLDER</p>
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- I. **Playing Time**
 - A. All players must receive equal playing time, regardless of previous experience or skill level.
 - B. Playing time **may not** be limited by a player's inability to attend practice.

- II. **Official Game Time/Scoring**
 - A. A game will consist of four 8-minute quarters.
 - B. The clock will run continuously until the last minute of the game (4th quarter). The clock will then stop for all dead ball situations (timeouts, fouls, out of bounds, etc.)
 - C. Each team must provide a scorekeeper and a timekeeper.
 - D. No more than a 20-point lead will be shown on the scoreboard. The actual score will be kept in the scorebook.
 - E. League standings will not be kept.

- III. **Time Outs**
 - A. Each team will be allowed 2 timeouts per half.
 - B. Timeouts will not carry over from the first half to the second half.
 - C. Timeouts will last 30 seconds.
 - D. Timeouts may be called by the coach or the players on the court.
 - E. Timeouts can only be called by the team in possession of the ball.

- IV. **Press**
 - A. Teams may press at anytime during the game, unless they have a 12-point lead.
 - B. Players must retreat across the mid-court line and allow the ball and player with the ball to cross mid-court unimpeded after a 12-point lead.

- V. **Defense**
 - A. Man-to-man or zone defense (or traps) is permitted in the 11 & Older leagues.

- VI. **Substitutions**
 - A. Teams may substitute at any dead ball.

- VII. **Basket Height**
 - A. Basket height will be 10 feet.
 - B. Free throws will be shot from the 15 feet line.

- VIII. **Ball Size**
 - A. Boys – 29. 5" official men's size ball. Girls - 28.5" official women's size ball

- IX. **Miscellaneous**
 - A. Games may not be protested due to any circumstances. The ruling of the officials is final.
 - B. Games will not be rescheduled due to a team conflict with the published schedule.
 - C. Team rosters will not consist of more than 10 players, unless prior permission is granted from the YMCA League Director.