



We build strong kids, strong families, strong communities.

<p style="text-align: center;"><b>DAILY FAMILY YMCA OF BIXBY YOUTH BASKETBALL RULES 9 &amp; 10 YEAR OLD</b></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 7-minute quarters.
  - B. The clock will run continuously until the last minute of the game (4<sup>th</sup> 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 10-point lead will be shown on the scoreboard. The actual score will be kept in the scorebook.
  - E. League standings will not be kept.
  - F. No overtime periods will be played.
  
- 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 only press during the last 2 minutes of each half (2<sup>nd</sup> & 4<sup>th</sup> quarters). Once a team is ahead by 10 points, they may not press and must retreat across the mid-court line.
  - B. Players must retreat across the mid-court line and allow the ball and player with the ball to cross mid-court unimpeded.
  
- V. Defense**
  - A. Man-to-man or zone defense is permitted in the 9 & 10 year old league.
  
- VI. Substitutions**
  - A. Teams may only substitute players at the end of the quarter and during timeouts.
  
- VII. Basket Height**
  - A. Basket height will be 10 feet.
  - B. Free throws will be shot from the 15 ft. line.
  
- VIII. Ball Size**
  - A. The official game ball will be the 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.