



# YMCA High School Basketball Rules

2024-25 National Federation High School Basketball rules will apply with the following exceptions:

## Game Time

- Warm up time will be dependent on the conclusion from the previous game. Please be ready to take the court as soon as the prior game is finished on your scheduled court.
  - **DO NOT** practice in the hallway. This include bouncing balls.
- **Two 20-Minute Halves with a running clock.**
  - Only two full timeouts per half may not carry over into second half.
  - Clock will be stopped in the 1 minute mark of the second half on every blown whistle
  - One overtime period of 3-minutes. Clock will run except for the last 30 seconds
    - Will be provided with one additional 30-second timeout
    - If game is still tied at the end of the 3-minutes; game will end in a tie

## Playing Time and Equipment

- Each coach will **need to provide** a volunteer to keep score and fouls.
- Each team will **need to provide** their own practice balls and game balls. Regulation will be used
- All players must play what is equivalent to half a game.
  - Exception: Disciplinary problems and missing practice
- Every player **MUST** wear the official 2025 YMCA High School League shirt.
- Shorts must be pulled up above the waistline.
- Must wear tennis shoes in order to play.
- No jewelry, hats or watches allowed while playing. (Cannot tape earrings)

## Specific Game Rule Exceptions

- Only players listed on the rosters are eligible to play. A copy will be with the Site Supervisor.
- On a multiple free-throw opportunity (i.e. two or three), substitution may not enter until one free throw is remaining
- There will be no free throws awarded on an offensive team control foul.
- Free throws will remain a 1 and 1 opportunity after 7 team fouls. 2 free throws awarded at 10 team fouls. (Resets each half)

- Free throw restrictions:
  - Players lined up on the outside of the key may enter after ball has released.
  - Shooter may rebound or put back after the ball has touched the rim.
  - The key may be occupied by a maximum of four defensive and two offensive players.
  - Bottom of the key space may not be filled.
- Full-court press is allowed up to a 20-point lead. Team ahead must fall back into half-court.
- There is no fast break restriction.

## Expectations

- **Important:** This portion is considered to be unsportsmanlike and will result in the game being suspended and will not be finished.
  - Team may not shoot half-court shots as part of an offense unless team is down with time running out, shooting free-throw backwards, yelling at the opposing team while they are in shooting motion, and etc.
- **Unsportsmanlike Technical Foul** will result in the player sitting out the remainder of the game as well as the next scheduled game.
- **Taunting** will not be tolerated; where the player caught, taunting will be removed from current and next schedule game.
- Any **Physical Altercation** will result in immediate expulsion from the league. **NO EXCEPTIONS.**
- Any fan in attendance for the game that has to be removed will be suspended the following game.
- A Coach receiving two technical fouls **will be removed** from the gym.
  - Play will cease until the coach has left the gym and another adult takes over coaching.
- **Dunking** is allowed by a player and a player only during live game situations. Anyone who is caught dunking outside of live game situation will have to leave the game. A player caught dunking outside of the game situation will sit out the next game. No Exceptions.

## For the Coach

Remember, you are responsible for the actions of your plays, fans in attendance, and assistant coaches. Please inform them of their consequences. Remember this is a FUN League, records will NOT be kept, and Good Sportsmanship is expected.

- May not have a player that is on a High School team
- Adult must be at all practices
- Someone over 21 must be on the bench during games