

Modified Basketball Rules (2nd – 8th)

1. The league will have a six week schedule. However, if there is an odd number of teams in the division, some teams may play a double header on certain weeks.
2. No games will be rescheduled unless the cancellation is due to the weather.
3. All games are played 5 v 5, Full Court at the Knowles YMCA or Firley YMCA
4. Goal Height:
 - a. 2nd – 3rd 9 Ft.
 - b. 4th- 7th 10 Ft.
5. Game Ball: 28.5 2nd-3rd
 29.5 4th-8th
6. Game consist of 4 X 10 minute quarters. The clock runs continuously, unless there is a player injured. One minute will be allowed between quarters. Half time will be 3 minutes long. If the score is greater than 20 points, the clock will only stop on time outs.
7. Officials will enforce the game.
8. Score is kept. Standings will also be kept and the top two teams from each division will receive trophies.
9. Overtime will consist of 2 minute periods
10. Each player is allowed 5 fouls, the player has fouled out and cannot re-enter the game.
11. Double teaming will be allowed after the ball crosses the half court or within two minutes left in the game.
12. Time Outs will consist of two 30 second time outs per half. Time outs do not carry over from the first half.
13. Five seconds in the lane will be enforced
14. Games start with a jump ball at center court
15. Free Throws will be shot from the free throw line.
16. Back court defense is not allowed until the last two minutes of the game. All fouls committed within the last two minutes of the game will stop the running clock. A team with more than a twelve point lead may not press during the last two minutes.
17. Team Fouls: Each team will be allowed five personal fouls per quarter. After the fifth personal foul all players will shoot one and one free throw. All shooting fouls will result in two free throws.
18. Three point baskets: Any shot taken behind the three point arch will count for three points.
19. Jewelry may not be worn during the game.
20. Each player must play at least one quarter, either continuously, or an equal time period unless the coach prior to the game has declared a player ineligible for disciplinary reasons.
21. Half court line over laps to the red line
22. Players can not play on more than one YMCA Modified team.