



YBA League Rules

1. All games are played 5 vs. 5, Full Court.
2. All YBA teams must wear YMCA jerseys
3. Goal Height – 2nd & 3rd Grade: 9ft.
4th – 5th Grade: 10ft
4. Game Ball:

| | |
|------|--------|
| BOYS | GIRLS: |
| 28.5 | 28.5 |
5. Game consists of 4 X 10 minute quarters with a running clock, unless an injury occurs.
6. Officials will enforce the game.
7. Score is not kept.
8. A player cannot foul out, however rough playing is not allowed. A player can be removed from the game if the fouls are intentional.
9. Man to Man defense only
10. No double teaming outside the lane.
11. Time outs: Each team receives a 30 second timeout per half.
 - a. If a time out is not used it does not carry over into the next half.
12. Three second in the lane is not enforced.
13. Games start with a jump ball at the center court.
14. Free throws: 2nd & 3rd will shoot just inside the free throw line.
4th & 5th will shoot from the free throw line, but allowed to cross the line while shooting a free throw.
15. Free throws are shot on shooting fouls only.
- 16. Back court defense (full court pressure) is not allowed at all.**
17. Jewelry may not be worn during the game.
18. Each player should play equal time if possible (at least 2 quarter per game)
19. No games will be rescheduled unless the cancellation is due to the weather.