

ABA Basketball Rules and Regulations

9-10 year olds

10ft and Woman's Ball

1. A maximum of 9 players will make up each team.
2. All players will play in half of each of the first 3 quarters in the A.B.A.
Each player must sit at least two half quarters.
No player may play the entire game unless only five players are present.

If any individual plays in 5 or more half quarters they are NOT eligible for the fourth quarter. (Teams with 7 players present must sit each child at least 1 half quarter during the first three quarters; If not those players are not allowed to play in the fourth quarter. The only exception to this is if a player fouls out or is injured.)

3. All games will be made up of four 8-minute quarters with the first three quarters being split into two 4-minute half quarters. The clock will run continuously stopping only on foul shots, time outs, and the last TWO minutes of the 4th quarter.
4. On the 7th team foul it will result in a ONE and ONE situation for the remainder of the half in the A.B.A. Two shots will be awarded on shooting fouls and intentional fouls. In each half on the 10th foul there will be a two shot penalty.
5. Foul-Outs and Technical Fouls
 - a. A player is disqualified when he/she commits their 5th personal foul. A technical foul will count as a personal foul.
 - b. An individual who commits two technical fouls or commits action that is not consistent with the YMCA principles is subject to: 1) Ejection from the game, 2) Removal from YMCA property, 3) A suspension for ***no less than*** one future game. **THIS RULE APPLIES TO COACHES, PLAYERS, AND SPECTATORS!!!**
 - c. On a foul shot players may enter the foul lane after the ball hits the rim. This includes the shooter.
6. There will be no backcourt violations. Players/teams will have approximately 12 seconds to get the ball across half court to initiate play. Once the ball has crossed half court by the offense, the defense will be allowed to go into the backcourt to defend if the situation should arise.
7. **No pressing until the last 2- min of the 4th quarter and the entirety of overtime. If a team is ahead by 10 or more points, they will not be allowed to press.**
Pressing is defined as any type of full court defense or a half court trap.
Man to Man or Zone defense may begin at half court.
8. Three Point Shots (**DO NOT COUNT**)
9. Free substitution can take place in the fourth quarter only. (Unless an injury occurs)
10. Jump balls will begin the game. Possession will then alternate.
11. Tie Games will result in 2-minute overtimes if still tied we will have another 2-minute OT. If still tie we will go to sudden victory to determine a winner. A jump ball will start each overtime with possessions then alternating. All fouls and time-outs will carry over.
12. Each team will be given 4 time outs per game. One additional time out will be given each overtime period.
13. Coaches or players may call a time out.
14. A team can start a game with 4 players. If a player on the team of 4 fouls or is ejected, that team will then forfeit. Man to Man or zone defense is allowed.
15. If a team is winning by more than 20 points in the game or 4th quarter, the clock will stop only for timeouts, foul shots, and injury. The scoreboard will reflect the 20 point difference and the score sheet will keep the exact score.