

NBA League Basketball Rules and Regulations

11-12 year olds

10ft and Men'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 N.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 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 SEVENTH team foul it will result in a ONE and ONE situation for the remainder of the half in the N.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!!!
6. On a foul shot players may enter the foul lane after the ball hits the rim. This includes the shooter.
7. There will be backcourt violations. There will be a 10 second violation in effect for the N.B.A. Pressing in the backcourt is allowed during any time in an N.B.A. game, unless a team is ahead by 15 or more points.
Pressing is defined as any type of full court defense or a half court trap.
8. The N.B.A. WILL count Three Point Shots.
9. Free substitution can take place in the fourth quarter only. In case of injury a free substitution may be made.
10. Jump balls will begin the game in the N.B.A. 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. Fouls and time-outs 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 out 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.