

2010-2011 YMCA Basketball League Rules by Division

	Kindergarten- 1 st	2 nd – 3 rd	4 th - 5 th
Hoop Height	8ft	10ft	10ft
Ball size	Woman's	Woman's	Woman's
Pressing	None, must fall back to zone	Must fall back to zone then, then must stay below the top of the Key	Half court pressure after falling back to zone & full court last minute of the quarter (if game is within 10 pts)
Defense	Zone 2-1-2	Zone 2-1-2 or 2-3	Zone 2-1-2,2-3 or half court man on man
Timing	Four- Six minute quarters	Four- Eight Minute Quarters	Four-ten minute quarters
Subs	At specific sub time (half way point of the half)	At specific sub time (half way point of the half)	Any Dead Ball
Clock	Running	Running	Stops on foul shots
Rule Interpretation (applies to travel, double dribble, back court)	Very Loose, players will be issued two warnings before a whistle which will be followed by a rule expiation	Moderate, one warning followed by rule expiation Ball will turn over to other team	Call it as we see it, no warnings but some leeway will be given
Three seconds	None	None	Yes after warning
Foul outs	No	No/team fouls	No/Team fouls
Practice before hand	30 min	20	10 min
Fast-Break	No	No	Yes