

# YMCA of Austin Youth Basketball Guidelines

Age Group	Ball Size	Game Length	Defense Allowed	Rim Height	Special Rules
4-5	27.5 in. Junior	4 X 6 Minute Quarters, No Overtime	Man to Man using colored wristbands. Half-court only no press allowed.	8 Ft.	No steals of the dribble, players may steal passes. No shot blocking is allowed.
6-7	27.5 in. Junior	4 X 8 Minute Quarters, No Overtime	Man to Man using colored wristbands. Half-court only no press allowed.	8 Ft.	No steals of the dribble, players may steal passes. No shot blocking is allowed.
8-9	28.5 in. Intermediate	4 x 10 Minute Quarters. No Overtime	Man to Man switching is allowed. Half-court only, no press allowed.	10 Ft.	Man to Man only players may not be double teamed. Steals and blocks are allowed.
10-11 Boys 10-12 Girls	28.5 in. Intermediate	2 X 20 Minute Halves, 3 Min. Overtime if Necessary	Man to Man or Zone Defense, Half-court defense only.	10 Ft.	Half-court defense only, no press allowed.
12-14	29.5 in. Official Size	2 X 20 Minute Halves, 3 Min. Overtime if Necessary	Man to Man or Zone Defense, Half-court defense only.	10 Ft.	Full court press allowed.
15-17	29.5 in. Official	2 X 20 Minute Halves, 3 Min. Overtime if Necessary	Man to Man or Zone Defense.	10 Ft.	Full court press allowed.