



Y.E.S. League Rules (2024)

1. Each team will have a maximum of ten players.
2. Games must start on time. Each player **MUST** have a uniform to play.
3. In addition, a team will be able to begin a game with four players they must have five players by halftime. If a team does not have five players by halftime a forfeit is issued.
4. Each game will operate under an 18-minute running clock for two halves. The clock will only stop during the last two minutes of the game. Halftime will be 3 minutes long. Overtime: 5 minutes running clock except for the last minute. Pressing is permitted.
5. Each team is allowed three time outs per half. Time outs do not carry over from one half to another.
6. Each Coach must play each player a minimum of five (5) minutes each half or no less than ten (10) minutes per game.
7. Fouls: Each player will be allowed five fouls. On the fifth foul the player will be disqualified and asked to sit on the bench. Teams will shoot 1 and 1 on the 7th team foul, 2 shots on/after the 10th team foul.
8. The referee will be instructed to issue technical fouls to players for cursing, unsportsmanlike like conduct (pushing, shoving, throwing things while on the side line or while on the floor). Immediate ejections will be issued to any player who receives two technical fouls or fights, violently or aggressively kicks, throw's a punch or elbow at another player.
9. Anyone sitting on the bench of the team is subjected to a technical foul. Any coach, player, or team member who is issued two technical fouls is subjected to the immediate ejection rule from the gym and will not be allowed to enter the gym for one game.
10. Pressing: Teams may press the last two minutes of each half. Unless leading by twenty or more points.