



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BASKETBALL RULES

Youth Sports



YMCA OF SAN JOAQUIN COUNTY

YMCA Mission: To build strong minds and character for all youth in our community.

Table of Contents

- Team Duties 4
- Sportsmanship 4
- Key Philosophies4
- Player Safety5
- Age Divisions5
- Uniform.....5
- General Rules6
- Playing Time 7
- Defense 8
- Offense 8
- Referees 8
- Substitutions 8

TEAM DUTIES

- Each team will provide one (1) scorekeeper.
- Both teams are responsible for cleaning up their bench immediately after the game.
- During the game, there shall be a limit of two (2) coaches on the sideline. Only one coach may be permitted to stand at one time if seating is available.
 - a. In the 5-6-year-old division, one (1) coach per team is allowed on the court for instructional purposes. The coach may not interfere with the play.
- All spectators must be seated on the sideline opposite of their team and cannot stand or sit on the baseline. Only cleared coaches and registered participants are allowed on the bench. **If a parent enters the field of play, there will be consequences such as a suspension for the child for practices and games for a period of time determined by the YMCA Sports Department.**

SPORTSMANSHIP

- The YMCA does not keep official game scores or records. However, the score is documented during the game to promote a learning environment in ages 9 and up only.
- Unsportsmanlike conduct of the players or coaches is not tolerated. If the behavior persists, the individual will be asked to leave the facility.
- **Any player, coach or spectator ejected may be suspended for at least (1) game and/or may be placed on season probation. If ejected again during a program, the individual is subject to permanent removal from the program. The YMCA sports department will meet to review suspensions and removal. Cases will also be reviewed by the sports department for reinstatement.**
- If the atmosphere of the game feels unsafe or the YMCAs Values are not being adhered to, the referee or YMCA staff member can end the game.
- If a team has less than the number of required players, the opposing team will be asked to share players to provide competition. We make every effort to play each scheduled game.
- Coaches are expected to adhere to YMCA Values and are responsible for team actions. This includes parents and players.

YMCA YOUTH SPORTS KEY PHILOSOPHIES

- Everyone must play at least half the game.
- Coaches are volunteers. They are not paid.
- Our focus is on fun and skill development.
- Sportsmanship above all.
- We promote a family atmosphere.

PLAYER SAFETY

- To protect the safety of all players in the program, any participant wearing a cast will prohibit them from participating in YMCA games or practices. Exceptions can be made with the written approval of a Physician and the game officials or the YMCA Competition Director and/or Sports Director.
- Soft casts will be permitted if approved by officials.
- All types of jewelry (earrings, bracelets, necklaces, etc.) must be removed before the game.
- Adaptive aids are approved on a case-by-case basis.

AGE DIVISIONS

Age Division	Rim Height	Free Throw Line	Game Length	Half Time	Ball Size	Officials Per Court
5 - 6 yrs	8ft	N/A	4 x 8 min quarters	3 min	Junior (27.5)	2
7 - 8 yrs	8ft	N/A	4 x 8 min quarters	3 min	Junior (27.5)	2
9 - 10 yrs	10ft	12ft	4 x 8 min quarters	3 min	Intermediate (28.5)	2
11 - 12 yrs	10ft	15ft	4 x 8 min quarters	3 min	Official (29.5)	2
13 - 14 yrs	10ft	15ft	4 x 8 min quarters	3 min	Official (29.5)	2
15 - 17 yrs	10ft	15ft	4 x 8 min quarters	3 min	Official (29.5)	2

The number of players on each team can be less than five (i.e. 4v4) to play the game. Teams can also “loan” players to an opposing team to play the game, if needed.

UNIFORM

Each player must wear their YMCA issued jersey that they purchased through Augusta SportsWear on the YMCA website. Jerseys must be worn and purchased before the first game or participants will **NOT** be allowed to play until they have the proper attire.

Player on a Team

- Each YMCA basketball team will consist of a maximum of 12 players. This ensures the YMCA’s principle of 50 percent playing time is achievable.
- “Four on four” games are allowed if team(s) do not have five (5) players. Can even go with half court 3 vs 3 games, if both coaches and official(s) agree. Other alternatives are one team “loans” a player or two to the opposing team.

1. SCORING

- A running game clock will be used and will only stop for timeouts, injuries or illnesses.
- Score is kept on the scoreboard at 9-10 age divisions and up to promote a learning environment.
- In any age group - a team with a large lead during the game will not exceed a thirty-point advantage in score. Those managing the scoreboard will ensure the scoreboard does not display a point lead more than 30 points. In this case, scores may be kept using pencil/paper. The time clock will remain running when a team exceeds 30 points.
- 9-10 age division and up: The clock stops on all whistles in the last ONE (2) minute of the 4th Quarter. Unless one team is ahead by 15 points or more.

2. FREE THROWS

- No Free Throws in the 5-6 and 7-8 age divisions; ball will be placed out of bounds after a foul.
- When shooting free throws, teams will always have 2 free throw attempts (no 1-and-1)
- Players occupying a designated lane space can only enter the lane after the ball has been released by the free throw shooter.
- The free throw shooter may step over the free throw line after the ball touches the rim. Players outside the 3-point arc may step over the 3-point arc after the ball touches the rim.
- Scoreboard will stop for all free throw attempts.

3. COMMON FOULS

- 9 -17 age division: After 5 total fouls committed by a player, that player is disqualified from the game.
- 5-8 age division: If a player(s) becomes too aggressive, excessively fouls, or doesn't follow rules, the referee can have the coach sit the player on the bench. The player may return, if ready, and able to play within the rules of the game.

4. TECHNICAL FOULS

- A technical foul will result in the opposing team receiving two (2) free throws and the ball out of bounds at half court. All technical fouls will count as a personal foul for the player committing the technical foul. Depending upon the severity of the technical foul, the game official may eject the player/coach from the game and/or facility.
- After the first technical foul assessed to the head coach, he/she will lose coaching box privileges (must remain seated on the bench when the game is played). If a coach receives two technical fouls, he/she will be disqualified from the game and must leave the court/gym. All game ejections, (players, coaches or parents) are subject to review by the YMCA Competition Director and/or Sports Director for a 1 game suspension following the game where the ejection occurred.

4. FLAGRANT/INTENTIONAL FOULS

- Flagrant/Intentional fouls will result in the opposing team receiving two (2) free throws and the ball out of bounds at half court. All flagrant/intentional fouls will count as a personal foul for the player committing the flagrant/intentional foul. Depending upon the severity of the flagrant/intentional foul, the official may eject the player from the game. Any flagrant/intentional foul resulting in an ejection are subject to review by the YMCA Competition Director and/or Sports Director for a one game suspension following the game where the ejection occurred.

5. TIME-OUTS

- 5-17 age divisions: Each team will receive two (2) 30-second timeouts per half. Unused timeouts from the first half may NOT be carried over to the second half. Injuries will be considered an official's timeout.
- All Divisions: There is ONE (1) minute between quarters, THREE (3) minute halftime.

6. STEALING AND BLOCKING

- 5-8 age divisions: Players may not steal, except on a pass. Players may steal the ball during a pass.
- 5-8 age divisions: Players may not block a shot. Instead, the player's hands are allowed "up or out" (i.e. arms extended vertical or horizontal). If a defensive player leaves their feet to block a shot, it will be considered blocking. Officials will reset the ball out of bounds to the possessing team at the closest point to the blocking incident.

7. PLAYER TO PLAYER DEFENSE

- Player to Player defense is defined as being approximately two (2) arm's length away from the offensive player that the defender is assigned to guard.
- 5-8 age divisions: Teams may only play Player to Player defense. Teams may not double team on defense nor "sag" into the lane to protect the basket. [However, defensive players may come off their offensive player for "help defense" when the offensive player is driving in the lane.] When teams do not follow these Player-to-Player rules, officials will reset the ball to the possessing team out of bounds at the closest point of interruption. Continued warnings/ball reset by the official, may result in a technical foul (discretion of official).

8. FIVE FOUL LIMIT PER QUARTER

- 9-17 age divisions: Teams will shoot two free throws when in the bonus, which will occur when the opposition commits five (5) fouls in the quarter. Team fouls will reset at the end of each quarter. (This rule replaces the 1-and-1 bonus and double bonus situation). Technical, flagrant and intentional fouls all count toward a team's foul count each quarter and a player's (or coach) total fouls in the game.

9. OVERTIME

- In the event of a tie, overtime will take place. First overtime will be 3 minutes and if there is a tie at the end of the first OT, then it will result in sudden death the next basket wins

DEFENSE

- 5-8 age divisions: May not full court press/play backcourt defense on the opposing team. The offensive team must be allowed to advance the ball into the frontcourt. The defensive players must allow the offensive player to establish position and dribble past the half court line before initiating defense. Defense must retreat to a designated line on the court as established by the game officials (i.e. Inside the 3pt line).

Age Divisions	Player to Player Defense	Double Team Defense	Full Court Press	Zone Defense
5 - 8 years	Yes	No	No	No
9 - 12 years	Yes	Yes – in the 2 nd half	Yes – Last 5 minutes of the game	Yes – in the 2 nd half
13 - 17 years	Yes	Yes – in the 2 nd half	Yes – Entire 2 nd half	Yes – in the 2 nd half

OFFENSE

- 9-17 age division: The 3-second rule (standing in the lane for more than 3 seconds) will be enforced.
- 5-8 age division: Offensive plays that are intentionally designed to isolate players into one-on-one situations are not allowed. Intent of this rule is to foster an environment of team play.

REFEREES

- The referee shall be the sole judge of game play on the court. Their decisions are final.
- The referee can ask coaches, parents, players, and spectators to leave the facilities to maintain a pleasant atmosphere and control of the game.
- If a coach, player, or spectator, is ejected from a game, that person(s)/situation will be subject to review by the Competition Director and/or Sports Director for a potential one (1) game suspension. Should another incident occur within the same season and the same person(s), that coach, spectator, or player may be ejected from the league permanently.
- The referee may stop, suspend, or terminate the game because of the elements of interference.
- There will be no disrespectful words or actions toward a referee during the game.

SUBSTITUTIONS/50 PERCENT PLAY

The goal of the YMCA is to provide all children with equal playing time. All players must play a minimum of 50 percent of the game. If a player ends up becoming ill or injured during a game, he or she can be substituted out. Depending upon the roster size of some teams, players may play more than 50 percent, but no player may play less than 50 percent.

- 5-8 age division: Substitutions may only be made at the 4-minute mark or if there is an injury or a player is fatigued.
- 9-17 age divisions: Open substitutions are allowed throughout the game.
- All substitutions must be made at dead balls with the referee's acknowledgment. Players enter the game by checking in at the score table and may come on the court only after the referee signals.
- Failure to comply with the substitution/50 percent rules will result in review of the rules by the YMCA staff and the coach. Continued infractions will result in a one game suspension for the coach.

- **Exceptions:**

- A player fouls out of a game
- A player is injured or becomes ill
- Injured and ill players may re-enter the game during a quarter and should be encouraged to do so, **if able**.
The **sub player must** be removed if the injured player returns.

NOTE: If a substitution is made for an allowed exception, the player that started the period is credited with the entire period of playing time. The sub is not credited with any playing time for the period