

INTRODUCTION - Thank you for choosing the YMCA Youth Basketball League! This handbook is designed to give officials, coaches and participants knowledge about the program rules/regulations, violations and scoring. The framework for the YMCA Youth Basketball League is based around the YMCA Mission Statement and core values including safety, caring, honesty, respect and responsibility for teammates, opponents, officials, coaches and parents. Parents, officials and coaches should be active partners in enforcing these rules and regulations in order to prevent physical and emotional injuries. Also, it is everyone's responsibility to know and obey the rules of the game. Coaches must teach and review many of these rules during each practice and during game time. Officials will be on hand during game time to make sure that players, coaches and parents follow these rules to ensure safe play.

YMCA MISSION STATEMENT - To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

YMCA CORE VALUES - Not only do volunteers and employees get the chance to become role models for members in character development, but we can use our programs as a vehicle to teach core values. As an instructor, volunteer coach or an official of a YMCA program, it is important to include character development in our class or program curriculum.

Caring: To put others before yourself; to love others; to be sensitive to the well-being of others; to help others

Honesty: To tell the truth; to act in such a way that you are worthy of trust; to have integrity, making sure you actions match your values

Respect: To treat others as you would have them treat you; to value the worth of every person, including yourself

Responsibility: To do what you should do; to be accountable for your behavior and obligations

SPORTSMANSHIP

A player, coach or parent will be ejected from the game or gym for the following displays of unsportsmanlike behavior, including but not limited to:

- Arguing
- Threatening
- Fighting
- Taunting of players, coaches, parents, or officials

Any player, coach or parent ejected from a game or the gym will also be barred from the next week's game.

NOTES

- This is an instructional league. Divisional rules have been modified to help all players develop proper fundamentals and to provide a positive and safe introduction to the sport of basketball.
- All games will start at the scheduled time without exception. Please be on time.
- Games will only be rescheduled due to inclement weather or facility problems.
- All League Rules are subject to change at the discretion of the YMCA.

PEE-WEE DIVISION RULES (3-5 YEAR OLDS NOT IN KINDERGARTEN)

GENERAL RULES

- Scoring will not be kept in the Kindergarten-1st Grade division.
- The game will be divided into four, 8-minute periods with required time out substitutions at 4 minutes.
- 1-minute breaks will take place after the 1st and 3rd periods, and there will be a 3-minute halftime break.
- The game clock will run continuously, except for substitution time-outs or in the case of injury.
- Games will be played on a half court
- Each player shall receive equal playing time regardless of ability (or as close as roster sizes allow), with the exception of late arrivals, early departures, or injured players.
- All games will be four-on-four, unless one team has only 3 players, in which case three-on-three will be played. There must be a minimum of three players to begin play.
- A size three ball will be used for practices and games.
- Coaches may help bring the ball up the floor and help their player pass the ball to their teammate.
- Only man-to-man defense is allowed. Wristbands will be used to match players for guarding purposes
- Games will begin with rock, paper, scissor for first possession, and will alternate possession after.
- No fast breaks, refs will hold play until teams are back into start positions.
- There are no lane violation calls in this league.
- There are no protests of official's calls in this league.
- No stealing, no jumping up to take the ball away or slapping the ball out of the payer's hands. Hands up on defense; the kids are here to learn and they cannot do that if the ball is continuously being knocked out of their hands.

KINDERGARTEN – 1ST GRADE DIVISION RULES

GENERAL RULES

- Scoring will not be kept in the Kindergarten-1st Grade division.
- The game will be divided into four, 8-minute periods.
- 1-minute breaks will take place after the 1st & 3rd periods, and there will be a 3-minute halftime break.
- The game clock will run continuously, except for substitution time-outs or in the case of injury.
- Rims will be set to a height of eight feet, and games will be played on the small courts.
- Each player shall receive equal playing time regardless of ability (or as close as roster sizes allow), with the exception of late arrivals, early departures, or injured players.
- All games will be five-on-five, unless one team has only 4 players, in which case four-on-four will be played. There must be a minimum of four players to begin play.
- A junior sized ball (27.5") will be used for practices and games.
- One coach may be on the court for teaching purposes, and must avoid game interference.
- Games will begin with rock, paper, scissor for first possession, and will alternate possession after.
- There are no lane violation calls in this league.
- There are no protests of official's calls in this league.

OFFENSIVE RULES

- If a player goes out of bounds, the defensive team will get the ball.
- There are no fast breaks.
- Offensive inbound after a made shot should pause to allow the defending team a chance to get set on the other half of the court. Coaches should be teaching players to inbound to a teammate, not take it themselves.
- Inbounding teams will have 10 seconds to inbound the ball and 10 seconds to move the ball down court and across mid-court line.

DEFENSIVE RULES

- Only man-to-man defense is allowed. Wristbands will be used to match players for guarding purposes.
- Pressing and trapping of any type are not allowed. No double teaming is allowed.
- Defensive players must retreat to mid-court to allow the opposing player to bring the ball across mid-court. Man-to-man defense may be picked up at mid-court.
- Stealing is only allowed on a pass or uncontrolled dribble.
- No blocking of an offensive shot is allowed. Defensive players may raise hands straight up, but swatting the ball or impeding a shot with bent arms is not allowed.
- Infractions of these rules will result in a turnover to the opposing team.

TIME-OUTS/SUBSTITUTIONS

- Each team is allowed 1, 1-minute time-out per half. Time-outs will not carry over.
- Time-outs may be called by the team with possession, or following a dead ball situation.
- Midway through each period, a 1-minute substitution time-out will take place. This will help to ensure equal playing time for all participants.
- Substitutions are only permitted during substitution time-outs or at period/halftime breaks, not during normal time-outs.

2ND – 3RD GRADE DIVISION RULES

GENERAL RULES

- Scoring will not be kept in the 2nd – 3rd Grade division.
- The game will be divided into four, 8-minute periods.
- 1-minute breaks will take place after the 1st & 3rd periods, and there will be a 3-minute halftime break.
- The game clock will run continuously, time-outs or in the case of injury.
- Rims will be set to a height of nine feet, and games will be played on the small courts.
- Each player shall receive equal playing time regardless of ability (or as close as roster sizes allow), with the exception of late arrivals, early departures, or injured players.
- All games will be five-on-five, unless one team has only 4 players, in which case four-on-four will be played. There must be a minimum of four players to begin play.
- An intermediate size ball (28.5") will be used for practices and games.
- One coach may be on the court for teaching purposes, and must avoid game interference.
- Games will begin with a jump ball for first possession, and will alternate possession after.
- There are no lane violation calls in this league.
- There are no protests of official's calls in this league.

OFFENSIVE RULES

- Balls out of bounds will go to opposing team.
- There are no fast breaks.
- Offensive inbound after a made shot should pause to allow the defending team a chance to get set on the other half of the court when applicable.
- Inbounding teams will have 10 seconds to inbound the ball and 10 seconds to move the ball down court and across mid-court line.

DEFENSIVE RULES

- Only man-to-man defense is allowed.
- Wristbands will be used to match players for guarding purposes.
- Pressing and trapping of any type are not allowed.
- Defensive players must retreat to mid-court to allow the opposing player to bring the ball across mid-court. Man-to-man defense may be picked up at mid-court.
- Stealing is only allowed on a pass or uncontrolled dribble.
- No blocking of an offensive shot is allowed. Defensive players may raise hands straight up, but swatting the ball or impeding a shot with bent arms is not allowed.
- Infractions of these rules will result in a turnover to the opposing team.

TIME-OUTS/SUBSTITUTIONS

- Each team is allowed 1, 1-minute time-outs per half.
- Time-outs will not carry over.
- Time-outs may be called by the team with possession, or following a dead ball situation. Coaches or players may call time-outs.
- Midway through each period, a 1-minute substitution time-out will be allowed. This will help to ensure equal playing time for all participants.
- Substitutions are only permitted during substitution time-outs or at period/halftime breaks, not during normal time-outs.

FOULS/FREE THROWS

- Two free throws will take place from the 12 foot line as a result of the following:
 - A player is fouled in the act of shooting
 - An intentional foul is committed
 - A flagrant intentional foul is committed (includes the fouling player being ejected)
 - A technical foul is called
 - No bonus free throws will be given
 - If the shot attempt during a foul was made, there will be only one free throw.
 - When a player is shooting a second free throw, all other players must wait for the ball to hit the rim/backboard before moving. Fouls will be called, but not recorded.

4TH – 6TH GRADE DIVISION RULES

GENERAL RULES

- The game will be divided into four, 10-minute periods.
- Scoring will be kept in the 4th and 5th Grade division.
- If the score is tied at the end of the game, there will be a 5-minute overtime period.
- When a team is up by 15+ points, scores for the winning team will not be updated on the scoreboard.
- If a team is up by 15+ at half, the scores on the scoreboard will reset to zero after half.
- 1-minute breaks will take place after the 1st and 3rd periods, and there will be a 3-minute halftime break.
- The game clock will run continuously, except for free throws, time-outs or in the case of injury.
- Rims will be set to a height of ten feet, and games will be played on a full court.
- Each player shall receive equal playing time regardless of ability (or as close as roster sizes allow), with the exception of late arrivals, early departures, or injured players.
- All games will be five-on-five, unless one team has only 4 players, in which case four-on-four will be played. There must be a minimum of four players to begin play.
- A regulation size ball (29.5") will be used for practices and games.
- All coaches must remain in the bench area.
- Games will begin with a jump ball for first possession, and will alternate possession after.
- There are no lane violation calls in this league.
- There are no protests of official's calls in this league.

OFFENSIVE RULES

- Balls out of bounds will go to opposing team.
- There are no fast breaks.
- Inbounding teams will have 10 seconds to inbound the ball and 10 seconds to move the ball down court and across mid-court line.

DEFENSIVE RULES

- Full court press is allowed, but trapping is not allowed.
- Man-to-man defense is still preferred, but zone can be taught.
- Wristbands will not be used.
- The ball may be stolen at any time in this division.
- No blocking of an offensive shot is allowed.
- Defensive players may raise hands straight up, but swatting the ball or impeding a shot with bent arms is not allowed.
- When a team is up by 10 points, defense must pick up at half court.
- Infractions of these rules will result in a turnover to the opposing team. .

TIME-OUTS/SUBSTITUTIONS

- Each team is allowed 2, 1-minute time-outs per half. Time-outs will not carry over.
- Time-outs may be called by the team with possession, or following a dead ball situation. Coaches or players may call time-outs.
- Midway through each period, a 1-minute substitution time-out will be allowed. This will help to ensure equal playing time for all participants. Substitutions are only permitted during substitution time-outs or at period/halftime breaks, not during normal time-outs.

FOULS/FREE THROWS

- Two free throws will take place from the 15 foot line as a result of the following:
 - A player is fouled in the act of shooting
 - An intentional foul is committed
 - A flagrant intentional foul is committed (includes the fouling player being ejected)
 - A technical foul is called
 - No bonus free throws will be given
 - If the shot attempt during a foul was made, there will be only one free throw.
 - When a player is shooting a second free throw, all other players must wait for the ball to hit the rim/backboard before moving, which will also start the game clock again.

We will be tracking team fouls. On a team's 7th team foul, the opposing team will enter bonus and receive one-and-ones shots.

