

YMCA Youth Basketball Rules and Regulations

All participants are responsible for their own medical expenses. Any participant unsure of their physical condition should check with their family physician or healthcare provider before participating in intramural sports.

Forfeit Policy:

A team does not have the Minimum number required to play the game. (Exception: The opposing team grants a 10 minute grace period). A Forfeit of this nature will result in an automatic loss.

The officiating will be done by officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a technical foul, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The officials shall have the power to make decisions on any matters or questions not specifically covered in the rules.

1. Players and Substitutes

- 1.1 A team consists of 5 players, but may start with 4 players. A team must have 4 players on the court at all times. Exception: Three players are allowed if a player cannot continue due to an injury or circumstances beyond their control.
- 1.2 Substitutions must be reported to the scorekeeper before entering the game. Substitutes may enter the game only when the official acknowledges them. Substitutions for grades Kin-6th grade are done at every 4-minute mark of each quarter. All Substitutions must take place during a dead ball. *Penalty: Technical foul*
- 1.3 Teams must wear YMCA assigned uniforms, or shirts of the same shade of color if an outside organization.
- 1.4 All players must wear non-marking rubber-soled athletic shoes.
- 1.5 Jewelry of any kind (friendship bracelets, chains, rings or earrings) may not be worn throughout the duration of the game.
- 1.6 Casts (plaster, metal or other hard substances in their final form) or any other item judged to be dangerous by the supervisor or official may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substance covered with at least 1/2 inch of slow recovery rubber or similar material will be allowed.

For any further clarification or questions, contact Louie.rivera@elpasoyymca.org or your local Sports Director

- 1.7 **Get back rule:** For age groups 1st – 4th grade all team members must get back and establish themselves past the half court line once the opposing team has established possession of the ball off a missed shot, inbound or turnover. Game will be paused if necessary by the official to allow players to get back. Players will be allowed to press and rule will be voided in the final two minutes of the game if the team leading is up by 9 or less points. This rule does not apply to 5th-8th grade levels.

2. Length of Game and Timing

- 2.1 There will be four eight minute quarters of continuous running time. Clock stops for time outs or official time outs (e.g. for injuries or retrieving a ball). Clock is not stopped for violations.
Exception: During the last two minutes of the second half if the total team scores are within nine points of each other, the clock will be stopped for all dead ball situations (e.g., violations, turnovers, time outs, fouls, etc.).
- 2.2 When a team is shooting free throws and a time out is called, the clock will start when the ball is touched after a throw in, a made basket or when the ball is touched in bounds on a missed basket. The clock continues to run on technical fouls unless a time out has been called
- 2.3 Two-minute intermission between halves. 1-minute intermission between quarters.
- 2.4 If Necessary, a three-minute overtime shall be played to determine a winner. Clock stops on all dead ball situations at the one-minute mark. The overtime period will be repeated two times or until a winner is declared. There will be a one-minute break between each overtime. If a third overtime were to occur the format will change to a sudden death contest. The first team to score in the third period will be declared the winner.
- 2.5 Mercy rule: Score will be reset after a team establishes a lead of 25 points or more (1st-5th grade). Rule does not apply to 5th-8th grade levels.

3. Time Outs

- 3.1 Each team will have four, one minute, time outs per game with a limit of two per half.
- 3.2 Time outs may only be called by the team with possession of the ball or during a dead ball situation.
- 3.3 Time outs in excess of the allotted number may be requested and shall be granted during regulation playing time or during any overtime period at the expense of a technical foul. The technical foul must be given even if the official was unaware that the time out was excessive.
- 3.4 One time out per overtime is allowed. Time outs from regulation play do not carry over into the overtime period.

For any further clarification or questions, contact Louie.rivera@elpasoymca.org or your local Sports Director

4. Violations

- 4.1 Back Court:** Teams will have twelve seconds to cross the half court line. Once the ball has been established across the half court line (both feet and the ball), it is a violation to cross back over into the yellow volleyball line on opposite side. The volleyball line is used due to the court size at Bowling, Loya and Westside facilities. *Exception: Snow Facility* **Penalty: Turnover.**
- 4.2 Traveling:** When a player holding the ball moves one or both of their feet illegally. you are allowed one and a half steps before a travel is called. If the pivot foot is lifted, a pass or try for made basket must be made before the pivot foot is replaced to the floor. **Penalty: Turnover**
- 4.3 Double Dribble:** occurs when a player ends his/her dribble by catching or causing the ball to come to rest in one or both hands and then dribbles it again with one hand or when a player touches it twice before the ball hits the ground. The dribble also ends when the dribbler palms/carries the ball by allowing it to come to rest in one or both hands. This is a palming/carrying the ball violation if the player continues with another dribble. **Penalty: Turnover**
- 4.4 Carrying:** Occurs when the dribbling player continues to dribble after allowing the ball to come to rest in one or both hands. Carrying is similar to a double dribble because the player momentarily stops dribbling and then resumes dribbling. If the player is in motion while carrying the ball, then it is similar to traveling (3+ steps). Players can avoid a carrying violation by keeping their palms facing the floor while dribbling. **Penalty: Turnover**
- 4.5 Illegal Screen:** Occurs when a player blocks another while either in motion or is not completely set. **Penalty: Turnover**
- 4.6 Kicking:** Kicking the ball is a violation only when it is an intentional act; accidentally striking the ball with the foot or leg is not a violation.
- 4.7 Violations Specific to Kinder - 1st/2nd Grade:**
- 4.8 Stripping:** Occurs when a child takes or steals the ball while the other still has possession of the ball. All steals must come from a pass or loss of possession.
- 4.9 Travelling:** Will be called loosely by the official. Participants must attempt to dribble the ball while in possession of it, cannot possess the ball and carry it down the court.
- 4.10 Trucking/Stiff-arming:** Participants may not lower the shoulder to initiate contact with another child. Child may also not stick their arm out to make contact with another child to prevent them from playing defense.

5. Throw in violations

For any further clarification or questions, contact Louie.rivera@elpasoyymca.org or your local Sports Director

- 5.1 The thrower shall not leave the designated throw in spot until the ball has crossed the plane of the boundary, except on the baseline after a made basket. **Penalty: Turnover.**
- 5.2 The thrower must pass the ball into the court within five seconds of the start of a throw in. **Penalty: Turnover.**
- 5.3 The thrower may step on but not over the sideline.
- 5.4 The opponent of the thrower cannot reach through the throw in boundary plane and foul the thrower. **Penalty: Team charged Foul.**
- 5.5 The opponent of the thrower cannot reach through the throw in boundary plane and touch or dislodge the ball. **Penalty: Technical Foul.**
- 5.6 The opponent of the thrower cannot cross the end line or its imaginary plane. This is a delay of game. The team should be warned on the first offense and then penalized with a technical foul on each subsequent offense. Must allow 1 ft. of space between in boulder and opponent.

6. Fouls

- 6.1. Personal foul is defined as a player foul that involves illegal contact with an opponent while the ball is live.
- 6.2 A double foul is a situation in which two opponents commit personal fouls against each other at approximately the same time. In the case of a double foul, fouls are recorded, no free throws are awarded, and play shall resume at the point of interruption. This means the team in possession of the ball at the time of the fouls will get the ball out of bounds.
- 6.3 An intentional foul is a personal or technical foul that may or may not be premeditated and is solely based on the severity of the act. Intentional fouls include, but are not limited to: a.) Contact that reutilizes an opponent's obvious competitive advantage. b.) Contact away from the play with an opponent's who is clearly not involved in the play. c.) Contact that is not a legitimate attempt to play the ball/player specifically designed to stop the clock or keep it from starting. d.) Excessive contact with an opponent while playing the ball.
- 6.4 A flagrant foul may be a personal or technical foul of a violent or savage nature or a technical non-contact foul, which displays unacceptable conduct. If a flagrant foul occurs the player is ejected from the game.
- 6.5 When a player control (charging) foul is committed, no points can be scored.
- 6.6 A technical foul is a foul by a non-player, or a non-contact foul by a player; an intentional or flagrant contact foul while the ball is dead. One technical foul against a player or coach can result in immediate ejection of that person from the game. Two technical fouls constitute immediate ejection from the game and playing area.

For any further clarification or questions, contact Louie.rivera@elpasoymca.org or your local Sports Director

6.7 A technical foul on a spectator or coach is charged to the team. Any two players and/ or coaches and/ or spectators ejected from a game will result in an automatic forfeiture of the game by the offending team. A technical foul will also be recorded as a personal foul of the offender; also included in the total team fouls. Three technical fouls on one team will also result in forfeiture of game.

7. Free Throws

7.1 A player will receive the one and one bonus after the offending team has accumulated 7 fouls each half. This rule applies to all fouls except shooting, offensive, technical, intentional or flagrant. On the tenth foul and thereafter the opposing team will shoot two free throws for all fouls except offensive fouls.

7.2 When a player control foul (charge) is committed, the basket will not be allowed and free throws will not be awarded.

7.3 Players will be allowed two free throws and possession of the ball for all technical & flagrant fouls.

7.4 Players will be allowed two free throws when fouled in the act of shooting. If the basket is made, then it counts and the player is allowed one free throw.

7.5 Any shooting foul committed behind the three point line, on a missed shot, will merit three free throws. If a player is fouled, in the act of shooting, behind the three point line, and makes the shot, one shot will be awarded.

7.6 Each of the second positions to the end line must be occupied by an opponent of the free thrower. The lane spaces adjacent are not to be occupied.

7.7 There will be a special marker for 1st-2nd grade free throw attempts.

8. Free Throw Violations

8.1 Players wishing to occupy the marked lane spaces must do so quickly, and must alternate lane spaces if the opponents wish to occupy the space nearest them. These players may enter the lane as soon as the ball has touched the rim and/or backboard.

8.2 Any player other than the free thrower, who does not occupy a marked lane space, must be behind the free throw line extended and behind the three point line. These players may not enter this area until the ball has been released from the shooters hand.

8.3 The shooter must not touch the free throw line. He/she cannot fake a try and must release the ball within 10 seconds. An exception will be made if shooter cannot reach basket without jumping over the free throw line. Discretion is up to the official.

8.3 a.) In a one and one situation this will result in a turnover.

b.) If this occurs on the first attempt of a two shot foul, then the first shot is void and the second will be administered.

c.) If this occurs on the second attempt of a two shot foul, then it will result in a turnover. 8.4 Failure to cause the ball to touch the rim will result in a dead ball.

d.) In a one and one situation this will result in a turnover.

e.) If this occurs on the first attempt of a two shot foul, then the first shot is void and the second will be administered.

f.) If this occurs on the second attempt of a two shot foul, then it will result in a turnover.

9. Playing up/down grade levels

9.1 Participants should play in their designated age group determined by their age/ grade level. However, a participant may play up a grade level if the Sports Director deems it appropriate / acceptable. No child may play in an age group besides their own without the consent of the Sports Director.

9.2 Participants may not under any circumstances play in an age group below their designated age / grade level.

10. Scorekeeper / Scoresheet

10.1 Scorekeeper should be volunteer worker or designated sports staff. This depends on staff/volunteer availability.

10.2 All proper statistics should be recorded on the *scorekeeper scoresheet* throughout the duration of every basketball game.

10.3 Scorekeeper may pause the game to confer with the youth official to correct any errors that may occur throughout the duration of the game.

11. Enforcement of Rules by Grade Level:

TOTS: No games are played at this age level

Kinder: All violations are called very loosely if ever. Travelling and double dribbling are allowed, the referee and coach encourage participants to dribble and practice the skills they are introduced to in practice. No score is counted for these games.

1st-2nd Grade: Violations are called loosely but dribbling violations are enforced more than at the kinder age level. Violations do not result in turnovers, rather the coach and official assist the participant in understanding what violation was committed and how to correct it. No score is counted for these games.

For any further clarification or questions, contact Louie.rivera@elpasoymca.org or your local Sports Director

3rd – 4th Grade: Violations are called at this age level. Players are given a warning in the first half of the game that does not result in a turnover however, all violations are called throughout the 2nd half of the game. Game score is counted for this age level.

5th-8th Grade: All violations are called throughout the game. Score is counted for these games.

Zero Tolerance Policy:

The YMCA requires coaches, parents and spectators to abide by our Zero Tolerance Policy. Actions that will not be tolerated before, during or after practices or games are: verbal/physical abuse of referees, players, coaches or spectators; charging onto the field / court; arguing with referees, coaches or spectators; profanity or derogatory names or comments; any comments (other than encouraging or complimentary) or taunting directed at opposing players, coaches or fans. If a coach, parent or spectator does not abide by this policy a referee may give a warning, eject the offending person or penalize the team. If at any point the referee feels threatened, he/she may “abandon the game.” If this occurs, the offender’s team will suffer a loss by forfeit of the game. Conflict

Resolution Policy (48-hour rule):

We strongly recommend that everyone abide by the 48-hour rule: Unless it is an urgent matter of safety; parents, guardians and/or coaches who are upset regarding a situation or circumstance during a game or practice must wait 48 hours after the incident occurred before approaching the head coach, assistant director or sports director. Give time for emotions to subside, then define the issues thoughtfully and suggest solutions. All discussions and interactions that occur after the 48-hour period must be conducted in a mature, polite, civil, and non-intimidating manner. This includes all forms of communication (face-to-face discussions, emails, etc.). If a resolution is not satisfactory, then the incident will be turned over to the Chief Operations Officer Peter Moody. However, if you feel immediate attention needs to be called to your field during a game, find a director or YMCA staff and proceed in a calm and respectful manner.

For any further clarification or questions, contact Louie.rivera@elpasoyymca.org or your local Sports Director