



YMCA BASKETBALL RULES & REGULATIONS

The purpose of YMCA basketball is to have fun, learn basic skills, and fair play and sportsmanship. **All games will begin with a prayer and end with team shaking hands.**

Forfeit Policy:

Team does not have the Minimum number required to play the game. (Exception: The opposing team grants a 5- minute grace period). A Forfeit of this nature will result in an automatic loss.

BALL SIZE and Rim Height:

- 5U: Ball Size 27.5" Basket Height: 8'
- 7U: Ball Size 28.5" Basket Height: 8'
- 9U: Ball Size 28.5" Basket Height: 9'
- 11U – 13U: Ball Size 29.5" Basket Height: 10'

Number of Officials:

- There will be at least one official per game.
- It is unacceptable to engage in arguments with officials. **All calls made by officials are final.**

Length of Game:

- All teams will play four 8-minute quarters.
- 4 minutes substitutions will be called.
- Clock is a running clock. Clock will run during substitutions. The only time a clock is stopped is for timeouts.
- The clock is stopped for all timeouts, and free throws conducted during the last 2 minutes of the 4th quarter. If a team is down more than 15 points, the clock doesn't stop.
- Halftime: 3 minutes long.
- Time between quarter is 1 minute.
- **OFFICIALS CONTROL GAME TIME, Parents are asked to run clock.**
- Time will be stopped for timeouts, and injuries. This is officials' decisions.
- Games must begin on time and end on time for the next game.

Timeouts:

- Two-time outs are permitted each half – 30 seconds.
- Time outs do not carry from each half.
- Time outs are only called during a dead ball, meaning ball is not in play.

Number of Players:

- Games will be played 5 on 5.
- Minimum of 4 players to begin game, if both coaches agree.

- Exception: Three players are allowed if a player cannot continue due to an injury or circumstances beyond their control.

Playing Time:

- EACH player must play at least one half of every game.
- In all divisions at the 4 minutes substitutions will be called. Unless there is an injured player.
- Coaches' responsibility to ensure all players get equal play time.

Scorekeepers and Timekeepers:

- **TOTS, 5U & 7U:** There will be no scorekeeper, just a timekeeper who will be in charge of time.
- **9U,11U,13U:** Parents will be a scorekeeper and a timekeeper who will be in charge of time, fouls, and scoreboard.

5U & 7U BASKETBALL

- There will be fouls called at this age level. The result of a foul is turn over to the other team.
- A player shall not: hold, push, charge, trip, and impede the progress of an opponent by extending the arm, shoulder, hip and knee or by bending the body into another than normal position.
- A dribbler shall not: charge or contact into opponent in their path OR attempt to dribble between two opponents or between opponent and boundary. Unless the space is such to provide a chance for them to pass by without initiating contact with opponent.
- Players are not allowed to press and steal the ball, defense must begin at half court.
- Must play man-to-man defense.
- Players must keep hands up and out during the game.
- No backcourt violation will be called.
- Full court press, double teaming, zone defense is NOT allowed.
- Traveling and double dribble will be at official discretion. It is still a learning stage, if infraction occurs the official will blow whistle and explain infraction, and resume play with a throw in.

9U BASKETBALL

- Following a turnover or throw in, player must bring ball into court within 10 seconds.
- Double dribble and travel players will have more leniency. Continuous violators will be called for the infraction.
- A player shall not: hold, push, charge, trip, and impede the progress of an opponent by extending the arm, shoulder, hip and knee or by bending the body into another than normal position.
- Players will shoot free throws from free throw line.
- Technical fouls are 2 shot free throws. Any player may shoot the free throw.
- The team shooting technical foul will receive the ball out of bounds and mid court.
- May play zone defense and double team.
- Full court press during the last 2 minutes of the 4th quarter, only if point differential 15 points.

11U & 13U BASKETBALL

- Following a turnover or throw in, player must bring ball into court within 10 seconds.
- May play zone defense and double team.
- Players can play full court press the entire game.
- Players are not allowed to travel and double dribble.
- A player shall not: hold, push, charge, trip, and impede the progress of an opponent by extending the arm, shoulder, hip and knee or by bending the body into another than normal position.
- A dribbler shall not: charge or contact into opponent in their path OR attempt to dribble between two opponents or between opponent and boundary. Unless the space is such to provide a chance for them to pass by without initiating contact with opponent.
- Players will shoot free throws from free throw line.
- Technical fouls are 2 shot free throws. Any player may shoot the free throw. The team shooting technical foul will receive the ball out of bounds and mid court.
- A lane violation occurs when a player is in his painted area for more than 3 seconds. The three seconds count begins once the ball has crossed center court. The count starts over after every shot attempt. Once both feet of a player are out of lane, that player is no longer being counted.

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.**

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.