



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BASKETBALL RULES

Youth Sports



TEAM DUTIES

1. Each team will provide one (1) scorekeeper.
2. Both teams are responsible for cleaning up their bench immediately after the game.
3. 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 5U division, one (1) coach per team is allowed on the court for instructional purposes.
 - b. In the 7U division, one (1) coach per team may stand under their offensive basket or in their coach box. The coach may not interfere with the play.
4. All spectators must be seated on the sideline and stay off the court while a game is in play. Only cleared coaches and registered participants are allowed on the bench.

SPORTSMANSHIP

1. The YMCA does not keep official game scores or records. However, the score is documented during the game to promote a learning environment in age division 9U and up only.
2. Unsportsmanlike conduct of the players or coaches is not tolerated. If the behavior persists, the individual will be asked to leave the facility.
3. **Any player, coach or spectator ejected will be suspended for at least (1) game and will be placed on season probation. If ejected again during a program then the individual will be permanently removed. The YMCA sports leadership will meet to review suspensions and removal. Case will also be reviewed by the sports leadership for reinstatement.**
4. 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.
5. If a team has less than the number of required players, the opposing team will be asked to share players in order to provide competition. We make every effort to play each scheduled game.
6. Coaches are expected to adhere to YMCA Values and are responsible for team actions. This includes parents and players.
7. The YMCA Players Pledge is required prior to the start of each game. A YMCA Staff will lead the pledge, however in the event a staff member is unavailable, the coach, a parent or player can administer the pledge.

YMCA YOUTH SPORTS KEY PHILOSOPHIES

1. Everyone must play at least half the game.
2. Coaches are volunteers. They are not paid.
3. Our focus is on fun and skill development.
4. Sportsmanship above all.
5. 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.
- Soft casts will be permitted if approved by Physician.
- All types of jewelry (earrings, bracelets, necklaces, etc.) must be removed before the game. Officials will check prior to starting the game.
- Adaptive aids are approved on a case by case basis.

AGE DIVISIONS

- Certain Leagues and ages may vary upon as well as the size of the program.
- Leagues can be combined with other YMCA Branches if there are not enough players registered for a particular age division. In this situation, teams from one branch would play teams from another branch to ensure opportunity for all.

Age Division	Rim Height	Free Throw Line	Game Length	Half Time	Ball Size	Officials Per Court
5U (4 – 5 yrs)	8ft	N/A	4 x 8 min qtrs	2 min	27.5"	1
7U (6 – 7 yrs)	8ft	N/A	4 x 8 min qtrs	2 min	28.5"	1
9U (8 – 9 yrs)	9ft	12ft	4 x 8 min qtrs	2 min	28.5"	1
11U (10 – 11 yrs)	10ft	15ft	4 x 8 min qtrs	2 min	29.5"	1 or 2
13U (12 – 13 yrs)	10ft	15ft	4 x 8 min qtrs	3 min	29.5"	2

UNIFORM

Each player must wear their YMCA issued jersey.

PLAYER ON A TEAM

- Each YMCA basketball Team will consist of a 10-12 players maximum. 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. Teams can play half court 3 vs 3 games, if both coaches and official(s) agree. Other alternatives are loaning players to the opposing team. In all divisions at the 4 minutes substitutions will be called exceptions are 11U and 13U. Unless there is an injured player.

SCOREKEEPERS AND TIMEKEEPERS

- 5U, 7U: There will be no scorekeeper, just a timekeeper who will be in charge of time.
- 11U & 13U: Volunteers may be asked to keep score.
- 9U & 11U ONLY: A team with a large lead during the game will not exceed a 20 point advantage in score. Those managing the scoreboard will ensure the scoreboard does not display a point lead in excess of 20 points. The time clock will remain running when a team exceeds 20 points.

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.
- Players are NOT allowed to press and steal the ball, defense must begin at half court.
- Must play man-to-man defense.
- Must give adequate space for shooter.
- 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 the official's discretion however 7U players are expected to learn how to control the ball (dribbling, jump-stopping and pivots). 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 or will be called for the infraction.
- Double dribble and travel players will have 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 for shooting / technical fouls.
- Full court press, double teaming, zone defense is NOT allowed.
- Technical fouls are two (2) shot free throws. Any player may shoot the free throw.
- The team shooting technical foul will receive the ball out of bounds and at mid court.
- Must play man-to-man defense.

11U & 13U BASKETBALL

- Following a turnover or throw in, player must bring ball into court within 5 seconds.
- May play zone defense or man-to-man.
- Players can play full court press unless the score surpasses 20 points.
- 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.

- Players will shoot free throws from free throw line for shooting / technical fouls.
- Technical fouls are two (2) shot free throws. Any player may shoot the free throw. The team shooting technical foul will receive the ball out of bounds at mid court.
- A lane violation occurs when a player is in painted area for more than 3 seconds. The 3 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.
- 13U only: The ball must cross half court within 10 seconds by the offensive team after a basket has been made.
- At Kennedy's (11U & 13U) & Snow Facility (13U) only: Backcourt violations (over-and-back) will be called.

OVERTIME

- In the event of a tie, overtime will NOT take place. Game ends in a tie. We encourage teams who want a fuller experience to register for our tournaments in between seasons. Please reach out to your Sports Director / Sports Coordinator for more information.

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 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.

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.