



# ROGUE VALLEY FAMILY YMCA YOUTH BASKETBALL RULES

This league was designed for the benefit of the player, the “intent of the rule” shall carry stronger weight than the “letter of the law” in all decisions rendered by the Officials and the Sports Director.

## **PURPOSE**

The purpose of this league is to be instructional; all decisions will be made from the standpoint of asking if one team gained an advantage because of breaking a rule or fouling. If no advantage is gained and if safety is not an issue, then play will continue without a whistle. In hopes of correcting any issues, Officials and coaches are encouraged to talk with any rule violators about their fouls.

## **Examples:**

1. Not calling double teaming if a player is confused and unaware they are guarding the wrong player.
2. If a skill-challenged player panics every time they touch the ball and starts traveling, play could be stopped to explain the rule to the player and still maintain possession since no advantage was gained. Our goal is to help develop confidence in the players. We don't want a player to avoid the ball because they are afraid of losing possession for their team. However, if the traveling by the same player was caused due to superior defense, traveling should be called.

When an issue arises that is not covered by the rules listed below, it will be governed in accordance with the National Federation of High School Associations rules.

## **THE GAME**

- Teams are composed of up to 12 players and during play 5 players per team are on the court. Other players must be away from the sideline to allow players and officials to run out of bounds safely without the risk of running into another person.
- The game is played in four 10 minute quarters. (See Time section).
- EVERY PLAYER ON THE TEAM MUST PLAY AT LEAST HALF OF EACH GAME, unless sitting out for disciplinary reasons. Coaches must notify the Sports Director if sitting a player out.

### **Basket Height:**

1 <sup>st</sup> and 2 <sup>nd</sup> grade	8'
3 <sup>rd</sup> and 4 <sup>th</sup> grade	9'
5 <sup>th</sup> and 6 <sup>th</sup> grade	10'

### **Ball Size:**

1 <sup>st</sup> and 2 <sup>nd</sup> grade	Junior size (size 5 or 27.5")
3 <sup>rd</sup> and 4 <sup>th</sup> grade	Intermediate size (size 6 or 28.5")
5 <sup>th</sup> and 6 <sup>th</sup> grade	Intermediate size (size 6 or 28.5")

## **TIME**

- A game shall consist of 4 quarters of 10 minutes each quarter.
- The clock will run continuously except for free throws, time-outs and referee time-outs.
- There will be no overtime periods.
- There will be a one minute period between quarters and a five minute period at half time.
- Each team will have 2 time-outs in each half. Each time-out will consist of one minute.
- A referee may call a time-out whenever deemed necessary to control the game. Such time-outs will not be charged to either team.

**Examples:**

- A player who seems sick or injured.
- A player in need of tying shoes.
- A player needs to have rules clearly explained to them.
- A referee feels the need to gain control over the game.

**SCORING**

No score will be tracked for these games (i.e. team standings, season wins vs. losses, etc). Although, a scoreboard may be used during games. Either coach can ask for a scoreboard not to be used or to have it reset at half-time. Only one coach needs to request either of these. 5<sup>th</sup>-6<sup>th</sup> grade level score will be kept at all times.

**Exception:** Score will be tracked for tournaments.

**CLOTHING**

- Players must wear athletic pants or shorts without any belts, belt loops, or exposed drawstrings.
- Headwear containing any hard, unyielding, or stiff material, including billed hats, is not allowed.
- All jewelry should be taken off.
- Players should wear athletic shoes that are non-marking and appropriate for use on the court.

**SUBSTITUTIONS / PLAYING TIME**

- Each team member will play at least two full quarters of each game, if a team has 11 players or more, equal playing time is required. Ask the Sports Director for rotation schedule if needed.
- No player can play more than 3 full quarters unless the team has 6 or fewer players at the game.
- Substitutions must take place during dead ball situations and shall be acknowledged by the referee. There will be no “free” substitutions.
- Although not required, coaches are encouraged to make main substitutions at the half-way point of each quarter. With rosters above ten players, more liberal substitutions may be required to provide equal playing time.

**GENERAL RULES**

- A. Jump ball: The game shall begin with a jump ball. After that, possession of the ball will alternate for all other tied balls.
- B. Non-shooting foul: If a player is fouled while not shooting, they will be given the ball to bring in from out of bounds.

- C. Shooting fouls will result in two free throws (at all levels). If they make the shot they were fouled on, only one free throw will be taken.
- D. Free throws shall be taken from the 12 foot line (1<sup>st</sup>-2<sup>nd</sup> will be at referee's discretion).
- E. If an intentional foul occurs, the fouled player will take two free throws and then will also get possession of the ball.
- F. Individual fouls will not be recorded, but a habitual fouler will be warned and may be asked to sit out for a period of time (referee's discretion).
- G. Charging: If an offensive player drives to the hoop and charges into the defending player (who has established a position in front of the offensive player), an offensive foul will be called for charging. The defensive team will then be given possession of the ball.
- H. Blocking: If a defensive player does not establish position in time to prevent an opponent's drive to the basket, a blocking foul will be called.

### **OFFENSIVE RULES**

- I. When passing the ball inbounds, the player has five seconds to pass the ball. If they fail to do so, then the ball is awarded to the other team.
- J. After receiving possession of the ball in the backcourt, the offensive team shall have 10 seconds to bring the ball across the mid-court line.
- K. Backcourt violation: Once the offense has brought the ball across the mid-court line, they cannot go back across mid-court during possession. Not called for 1<sup>st</sup>-2<sup>nd</sup> grade, no loss of possession for 3<sup>rd</sup>-4<sup>th</sup> and loss of possession for 5<sup>th</sup>-6<sup>th</sup>.
- L. Walking/Traveling: Taking more than a step and a half without dribbling the ball is traveling. Moving your pivot foot once you've stopped dribbling is also traveling. No loss of possession if violation is committed outside the arc for 1<sup>st</sup>-2 and 3<sup>rd</sup>-4<sup>th</sup> but loss of possession when violation is outside the arc for 3<sup>rd</sup>-4<sup>th</sup> and loss of possession all the time for 5<sup>th</sup>-6<sup>th</sup>.
- M. No Double Dribble: Dribbling the ball with both hands on the ball at the same time or picking up the dribble and then dribbling again is also double dribbling. Not called for 1<sup>st</sup>-2<sup>nd</sup>, no loss of possession for 3<sup>rd</sup>-4<sup>th</sup> and loss of possession for 5<sup>th</sup>-6<sup>th</sup>.
- N. No Carrying/Palming: When a player dribbles with their hand going under the ball or too far to the side the ball. Not called for 1<sup>st</sup>-2<sup>nd</sup>, no loss of possession for 3<sup>rd</sup>-4<sup>th</sup> and loss of possession for 5<sup>th</sup>-6<sup>th</sup>.
- O. Outlet: After making a defensive rebound, there must be at least one pass before the ball reaches the mid-court. If the player does not wait for defense to clear past half court and does not make a pass before crossing midcourt, outlet should be called. The ball is then given back to the player who made the defensive rebound and put back into play at the midcourt sideline. Exceptions: The player who rebounds can hold the ball until all defensive players have cleared, then dribble down court. Blocked shots and stolen balls do not require an outlet pass. An outlet or waiting is required for 1<sup>st</sup>-2<sup>nd</sup> and 3<sup>rd</sup>-4<sup>th</sup> but not required for 5<sup>th</sup>-6<sup>th</sup>.
- P. Five seconds in the key: An offensive player is not allowed more than five seconds in the key. (The key is the rectangular area underneath the basket bounded by the end lines, the foul lanes and the free throw line). No loss of possession for 1<sup>st</sup>-2<sup>nd</sup> but loss of possession for 3<sup>rd</sup>-4<sup>th</sup> and 5<sup>th</sup>-6<sup>th</sup>.
- Q. Proper screening is to be used at all times. When screening, the player should be standing still in an upright position with their arms folded at the groin area or for girls across the chest. Not allowed at 1<sup>st</sup>-2<sup>nd</sup> level and will result in loss of possession but is allowed in 3<sup>rd</sup>-4<sup>th</sup> and 5<sup>th</sup>-6<sup>th</sup>.
- R. Four-corner and clearing-a-side offenses are not permitted. This includes keeping your offensive players outside of the 3 point arc to force the defense to play out of the paint.

## **DEFENSIVE RULES**

- S. Zone Defenses are not allowed in 1<sup>st</sup>-2<sup>nd</sup> and 3<sup>rd</sup>-4<sup>th</sup> but is allowed in 5<sup>th</sup>-6<sup>th</sup> and is permitted ONLY within the offensive team's 3 point arc. Outside of the 3 point arc must be "person-to-person" defense. If the referee determines that a zone is being played outside of the arc, play will stop. If the referee feels that zone outside of the arc continues, a team technical foul will be called and the defense will gain possession. A player may help a teammate (switch) who has clearly been beaten by the offensive player (commonly caused by a screen / pick) on the way to the basket.
- T. Defenders must pick up their player in a reasonable amount of time once they cross the half court line.
- U. Double-teaming is prohibited for 1<sup>st</sup>-2<sup>nd</sup> and 3<sup>rd</sup>-4<sup>th</sup> except when the ball is in the key. 5<sup>th</sup>-6<sup>th</sup> grade can double team but only within the arc. A foul will be called for double-teaming after warning has been given. If any turnover results from double-teaming, the ball will be returned to the offense.
- V. Reaching in is not allowed. Defense must have proper defensive form while guarding their opponent: arms straight out to the side or straight up. Players may not reach through or over the offensive players' hands or arms, and may not reach over the players head. Plays stops with no loss of possession for 1<sup>st</sup>-2<sup>nd</sup> but a personal foul will be called in 3<sup>rd</sup>-4<sup>th</sup> and 5<sup>th</sup>-6<sup>th</sup>.
- W. Stealing the ball is allowed by the proper defender, but it is encouraged that coaches focus more on good defensive form as opposed to slapping at the ball. When stealing the ball, the defensive player may not make contact with the offensive player. Otherwise a reaching foul will be called, see above. Stealing is only allowed when the ball is in motion for 1<sup>st</sup>-2<sup>nd</sup> grade.
- X. 3 in the key will be called if a defender is standing in the key for more than 3 seconds without guarding anyone; it will result in the offense taking the ball out from the side. If the defender has at least one foot out of the key, 3 in the key will not be called. This will not be called for 1<sup>st</sup>-2<sup>nd</sup>.
- Y. Only half court press is allowed in 1<sup>st</sup>-2<sup>nd</sup> and 3<sup>rd</sup>-4<sup>th</sup>. 5<sup>th</sup>-6<sup>th</sup> can use full court press only in the second half but must stop and only use half court press if the team is up by 15 or more points.
- Z. The defender must stay within six feet of their offensive player anywhere on the court. Even when a team is pressing, each player must stay within six feet of their offensive player.

## **ADDITIONAL RULES**

- Technical foul: It does not involve player contact or the ball but is instead about the 'manners' of the game. Foul language, obscenity, obscene gestures, and even arguing can be considered a technical foul.
- Personal fouls: Personal fouls include any type of illegal physical contact.
  1. Hitting
  2. Pushing
  3. Slapping
  4. Holding
  5. Illegal pick/screen - when an offensive player is moving. When an offensive player sticks out a limb and makes physical contact with a defender in an attempt to block the path of the defender.
- Officials may also assign penalties that include a "cooling off" period for a player.

- The YMCA asks everyone to make this a great experience for all individuals. Please be a good sport at all times. Support your team and respect your opponents and the officials. Please keep comments positive toward officials, players, coaches, and parents. By doing so, you honor everyone, the game, and our community.
- YMCA officials do not have to give warnings before an ejection. YMCA staff reserves the right to deny participation to anyone (player or spectator) that fails to demonstrate proper sportsmanship.
- Unsportsmanlike conduct includes: swearing, fighting, and arguing with the officials.
- Abusive or obscene language or action shall not be tolerated.
  - First offense – warning
  - Second offense – elimination from the game and removal from the court.
- If a coach, player, or parent is removed from any 2 games, that person may be eliminated from any further participation in the league. The Sports Director makes all final decisions.
- 5<sup>th</sup>-6<sup>th</sup> grade coaches must be on the sideline during game play. No more than 2 actively coaching coaches per team.
- Officials will make every effort to explain calls to players, as this is an instructional league.
- A player is only allowed to be on one YMCA basketball team per season.
- Good sportsmanship is expected of both teams during the game, and therefore shaking hands and giving a cheer is a good habit to instill, and is expected after each game.
- Disagreements with a referee's judgment, decision, or call should be brought to the referee's attention. All discussions should take place during time-outs. In-depth discussion or arguments will not be allowed on the court or at the game. The referee has the final say at the game. Issues still needing attention should be brought to the Sports Director's attention and will be dealt with during the week between games and not on game days.

#### **TEAM PRACTICE**

- 1<sup>st</sup> and 2<sup>nd</sup> grade teams do not host weekly practice, only Saturday practice before the game will be allowed. 1<sup>st</sup> and 2<sup>nd</sup> grade games will begin at the time noted on the game schedule. 1<sup>st</sup> and 2<sup>nd</sup> grade teams may practice for up to one hour. Practice start time will be determined by the team's coach. Coaches can host a parent meeting and one practice (may not last more than 1 hour) before the first weekend.
- 3<sup>rd</sup>-6<sup>th</sup> grade teams may not host more than 2 hours of practice a week or 2 practices per week. No practice can begin before season begins. Earliest practice start date will be announced each season.

#### **SPECTATORS**

- No food or drinks are allowed in the gyms, except water.
- Spectators are asked to remain seated during the game to avoid disruption of the game.

- Parents must supervise younger children at all time, so that they are not climbing on or below the bleachers or left unattended in hallways or bathrooms.
- No one is allowed in other areas of the school, as we are guests in school district buildings.
- All cheering is to be positive at all times.