

Cross Timber Sports

YOUTH BASKETBALL RULES

Competitive League (Division 1)

Philosophy of the YMCA Cross Timbers Basketball Program:

- Child First, Sport Second: The YMCA & Cross Timbers Sports (CTS) programs are designed to promote growth in body, mind, and spirit; encourage participation through family involvement.

Rule Administration

- The Cross Timbers Family YMCA reserves the right at any time to modify, change or create any rule that is in the best interest of the Youth Basketball Program and its participants. All league games will be conducted under *National Federation of High School Basketball Rules*, unless otherwise noted.

Player Eligibility/Roster Size

- All players who participate in the basketball season must be registered and have paid all fees associated with CTS. No guest players are allowed, even if they are registered for a different YMCA or CTS program, or are registered with a different team. Random roster checks will be administered throughout the season to ensure this policy is enforced.
- Players must play in their current grade level. Players may play above their current grade if requested.
- The optimum roster size for each team is 10 players with 12 as the max.

Uniforms

- While it is required to have numbers on the back of the uniform, it is recommended that uniform numbers be on both the front and back of the uniform. All other NFHS rules regarding uniforms and uniform numbers are waived. It is recommended, but not required, that teams have both a dark and light-colored jersey.
- Jewelry such as necklaces, bracelets, watches, rings, earrings or any other item deemed dangerous may not be worn during warm up or game play.

Home Team Designation

- In league play, the team listed first will be the home team.
- In tournament play, the top team listed will be the home team.
- In case of uniform conflicts, the home team will wear the lighter colored jersey.
- The home team should use the bench to the right of the scorer's table, as you face the floor.
- Each team's basket for the pre-game warm-up will be the basket furthest from its bench.

Scorekeeper/Clock Operator

- The home team shall provide a qualified scorekeeper; the visiting team shall provide a qualified clock operator. These responsibilities can be changed with the mutual agreement of both teams or at the discretion of a League Official. A scorekeeper or clock operator can be removed and replaced at any time by the game officials or the League Official, whenever it is deemed appropriate to do so. Volunteer scorekeeper/clock operators must refrain from cheering for their respective teams while acting as scorekeeper/clock operator.

Game Ball/Ball Specs/Goal Height

- Game balls will be provided by Timber Creek Sports
- Practice and warm-up balls will NOT be provided.
- The intermediate size ball ("28.5") will be used for the 3rd, 4th, 5th, & 6th grade Boys' teams and all Girls' teams.
- All other teams will use the regulation size ball (29.5").
- All grade levels will play on a 10-ft. goal.



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Start/End of the Game

- All teams are encouraged to be at their game site 15 minutes before tip-off. Game time is forfeit time.
- All games will begin with both teams facing each other at mid-court, reciting the YMCA Sports Pledge:

“Win or lose, I pledge before God, to play the game as well as I know how; to obey the rules, to be a good sport at all times; and to improve myself in spirit, mind, and body.”

**** All teams must be ready to recite the pledge five minutes before game time***

- After each game, both teams will line up on the sideline, congratulate one another, and immediately leave the court to allow the teams playing the next game, proper warm-up time.

Playing Periods

- Unless otherwise noted, a regulation clock will be used with following game length:
 - Grades 3 & 4: 12-minute halves.
 - Grades 5 & 6: 14-minute halves.
 - Grades 7 & 8: 16-minute halves.
- 1st overtime period will be 3 minutes; subsequent overtime periods will be 2 minutes.
- Half-Time will be 3 minutes (Half-Time length may be reduced at the option of the League Official).
- Pre-game Warm-Up will be a minimum of 5 minutes (the Warm-Up time length may be reduced at the option of the League Official).

Running Clock Rule (“20/15 Rule”):

- Grades 3 & 4: When a team leads by 20 points or more anytime during the game, a running clock will be used.
- Grades 5, 6, 7, 8: When a team leads by 20 points or more during the 2nd half of a game, a running clock will be used.
- If the lead is reduced below 15 points for all grades, the regulation clock is resumed.
- The League Official reserves the right to change/modify the length of the game to keep the gym schedule on pace for the duration of the day.

Free Throws

- Teams will not shoot 1&1 free throws on the 7th, 8th, and 9th team fouls.
- Teams will shoot the double bonus beginning with the 10th team foul and all in *the act of shooting* fouls.

Timeouts

- Each team will be allowed 2 thirty-second timeouts per half.
- Timeouts do not carry over.
- One additional timeout will be allowed for each overtime period.

Pressing Rules (20/15 Rule)

- Grades 3 & 4: Teams are not allowed to press beyond half court with a 20 point or more lead anytime during the game.
- Grades 5, 6, 7, 8: Teams are not allowed to press beyond half court with a 20 point or more lead in the 2nd half.
- If the lead is reduced below 15 points, teams are then allowed to press beyond half court.
- The first violation of the “no press” rule will draw a warning from the officials; subsequent violations will be assessed a bench technical foul (indirect technical foul to Head Coach).



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Schedule/Scores/Standings

- League schedule, scores and standings will be posted on crosstimbersymcasports.playerspace.com
- Coaches of the winning team should email scores to DeWayne Norris at dnorris@ymcadallas.org no later than the Monday following the game.

LISD and YMCA Gym Policy

- **No food or drinks** are to be brought into the gyms. If you have snacks for after the game please wait until you are outside the gym to hand them out. Teams may have water bottles in the gym.
- There are no animals or pets of any kind allowed in the school facilities at any time.
- Everyone must pick up after themselves. The staff and the coaches are not personal attendants for everyone. There is no lost and found so any items that are left behind will be thrown out.
- The youth basketball program is limited to the gymnasium only and the closest bathrooms and water fountains. No one is to be roaming the school hallways, in classrooms, or the cafeteria.
- Be respectful of posters and wall decorations.
- Disregarding any of the above rules may result in the lost of practice and game facilities.

Coaches and Team Conduct

- Unsportsmanlike conduct on the part of the team members, coaches, or spectators, will not be tolerated.
- Parents shall not address officials (if there are questions or concerns, they should be brought to the attention of the coach and he/she may voice his/her concern to the official).
- Coaches are responsible for the conduct of their team and spectators.
- If there is a complaint regarding a component of the Cross Timbers Sports Basketball program, the complainant shall write a letter to the Senior Program Director (dnorris@ymcadallas.org).

The official supplied by the YMCA will be the governing force at all games. Judgment calls are not to be disputed. Any coach exhibiting bad sportsmanship will be ejected from the game, suspended from coaching for a minimum of one game.

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