

Cross Timber Sports

YOUTH BASKETBALL RULES

Recreational League: Division 2 (2nd – MS)

	2 nd	3 rd	4 th – 8 th (Girls)	4 th – 6 th (Boys)	7 ^h – 8 th (Boys)
Goal Ht.	8 ft.	9 ft.	10 ft.	10 ft.	10 ft.
Quarters	8 minutes	8 minutes	8 minutes	8 minutes	8 minutes
Ball Size	Intermediate 28.5	Intermediate 28.5	Intermediate 28.5	Intermediate 28.5	Official 29.5
Playing Time	16 minutes	16 minutes	16 minutes	16 minutes	16 minutes
Defense	Man	Man/Zone	Man/Zone	Man/Zone	Man/Zone
Back Court Guarding	No	Yes	Yes	Yes	Yes
Free Throws	2 ft. inside regulation line	Regulation Line	Regulation Line	Regulation Line	Regulation Line

Philosophy of the YMCA Basketball Program:

- Child First, Sport Second: The YMCA youth sports programs are designed to promote growth in body, mind, and spirit; encourage participation through family involvement; low-level competition and an emphasis on fun, safety, teamwork, fair play, and skill development.

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 YMCA Basketball Program and its participants.

Player Eligibility

- All players who participate in the basketball season sponsored by the YMCA must be registered and have paid all fees.
- 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. Variances can be allowed at the YMCA's discretion.

Uniform Requirements

- All players must wear a YMCA reversible game jersey.
- Only non-marking, non-cleat athletic shoes may be worn at practices and games.
- Jewelry such as necklaces, bracelets, watches, rings, earrings that hang off the ear lobe or any other item deemed dangerous may not be worn during warm up or game play.

Home Team Designation

- The team listed first will be the home team.
- The home team will wear red and the away team will wear blue
- 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 2nd, 3rd, 4th, 5th, & 6th grade Boys' teams and all Girls' teams.
- All other teams will use the regulation size ball (29.5).
- 2nd grade will play on an 8-ft. goal
- 3rd grade will play on an 9-ft. goal
- All other 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

- There will be four 8 min quarters with a running clock. The clock will be stopped for timeouts, official timeouts and injuries.
- Half time will be limited to 3 minutes.
- The clock will be stopped at all dead balls the last minute of 2nd and 4th quarters.

Running Clock Rule (“15/10 Rule”):

- When a team leads by 15 points or more anytime during the game, a running clock will be used.
- If the lead is reduced below 10 points, 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.

Timeouts

- Each team will have 2 one-minute timeouts per half.
- Time outs are NOT carried over from the first half to the second half.
- A technical foul may be given to teams who delay in returning to the court at the officials’ signal.
- A technical foul will be charged to any team who calls a timeout after they have used the allotted four timeouts, however, the timeout will be honored.

Substitution/Playing Time

- All players must play equal playing time. (Free substitution during all 4 periods)
 - *The fair-playing time rule is in effect, so each player must play a minimum of 2 full quarters, and no child may play more than 1 quarter more than other players (i.e. one child cannot play 3 1/2 quarters when another child is playing only 2 quarters. Coaches must use one of their time outs to substitute.*
- Any complaint about playing time rule violation should be made to the game official. However, coaches should not request the official to remove or determine playing time of any player, as it is not their responsibility. A written complaint should also be filed with the Sports Director.

Live/Dead Ball Rules

- The ball is in play when it hits an official, the sides or bottom of the backboard, the net, players, or any part of the court inside the boundary lines.
- The ball is declared dead if it hits the back of the backboard, the backboard supports, any boundary lines, the ceiling, lights, or any obstructing objects that are in the field of play.
- If the ball travels along the top of the backboard then it will also be considered dead.

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Defense/Pressing Rules

- 2nd Grade is only allowed to play MAN-TO-MAN defense.
- All other grade levels can play MAN-TO-MAN and Zone defenses.
- 2nd Grade Teams are NOT allowed to press at any time during the game.
- All other grade levels backcourt guarding or pressing is allowed.

Pressing/Fast Break (15/10 Rule)

- Teams are not allowed to press beyond half court/fast break with a 15 point or more lead anytime during the game.
- If the lead is reduced below 10 points, teams are then allowed to press beyond half court and fast break.
- The first violation of the “no press” or “no fast break” rule will draw a warning from the officials; subsequent violations will be assessed a bench technical foul (indirect technical foul to Head Coach).
- *Reminder: 2nd Grade Teams are NOT allowed to press at any time during the game*

Jump Balls and Alternating Possession

- Every game will begin with a jump ball.
- Alternating possession standards will be used for the remainder of the game.
- The team which does not gain possession on the jump ball will get the next change of possession and will alternate throughout the game and carry over from period to period.

Free Throws/Fouls

- Any player can attempt free throws awarded because of a technical foul.
 - A technical foul is given due to inappropriate conduct, intentional fouling, or disrespectful actions.
Two shots and possession will be awarded.
- Players, including the shooter, may not enter the lane until the ball hits the rim.
- 2nd Grade: will shoot 2 ft. inside the regulation free-throw line. (See diagram)
- All other grade levels will shoot free throws from the regulation free throw line.
- Teams will not shoot 1&1 (bonus) free throws on the 7th, 8th, and 9th team fouls.
- Teams will shoot two free throws (double bonus) beginning with the 10th team foul and all in *the act of shooting* fouls.

Inbounding Rules

- After a Made Basket, any of the five players on the team may take the ball out of bounds. After the inbound passer steps out of bounds, he has five seconds to pass the ball inbounds to a teammate or it is a violation.
 - After a made basket the inbound passer can freely roam the distance of the baseline.
- No steps are allowed on spot throw ins. Traveling is enforced out of bounds.

Lane Violation Rule

- 2nd Grade teams will have a 5 second lane violation rule
- All other grade levels will have a 3 second lane violation rule

Ten Second Rule

- Once a ball is in play the offensive team has a total of 10 seconds to cross the mid-court line. If a team is unsuccessful, possession will be given to the opposing team.

Schedule/Scores/Standings

- League schedule and standings will be posted on crosstimbersymcasports.playerspace.com
- The recreation league/division 2 does not keep win/loss records or post scores online.

LISD and YMCA Gym Policy

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- 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 loss 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 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 and a maximum of the remainder of the season.

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