

Cross Timber Sports

YOUTH BASKETBALL RULES

FUNdamental League (Pre-K – 1st)

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 Cross Timbers Sports
- Practice and warm-up balls will NOT be provided.
- Junior size ball (27.5) will be used
- Game play will be on an 8-ft. goal

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

- Teams will play 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 on all dead balls the last minute of 2nd and 4th quarters.

Jump Balls and Alternating Possession

- Red (Home) team will start with the ball on their baseline to begin the game.
- Teams will then alternate quarters for starting possession

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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.
- The horn or whistle will be sounded 45 seconds into a team's timeout to let the coach know they have 15 seconds before the 5 second inbound count will start.
 - 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
- Official timeouts will be called for injury or any other reason an official deems necessary.

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.

Defense Rule

- Pre-K
 - Players can only play passive, man-to-man defense. Wrist bands will be provided, like the K-2 rules below, but no active defensive play on the ball may be permitted. Players must try to play defense by sticking their hands out to block a shot or intercept a pass.
- Kinder - 1st Grade
 - Each team will play MAN-TO-MAN defense. Wrist bands will be provided so that opposing players can match up and guard the opponent who has the matching color wrist band. The exception to the rule is when the offender is in the paint. When this occurs, any defender may defend against the offender. The referee has the authority to change a player's wrist band if warranted.
 - Technical fouls will be assessed to any team not playing an obvious man-to-man defense.
 - The ball can be stolen on the pass only.

Backcourt Guarding/Pressing/Fast Breaks

- There is no backcourt guarding (pressing) after a basket is made or on an inbounds play. The defense must go to the frontcourt (behind the three-point line) so the offense to come down the floor.
- No fast breaks. The offense must wait until all defensive players are in the front court before they advance the ball.

Legal Screening

- Picks and screens are not allowed.
 - A screen is legal blocking, which delays or prevents an opponent from reaching a desired position and is allowed.
 - The player positioning the legal screen must allow the moving opponent enough time and distance to avoid contact. This distance need not be more than one normal step away.
 - The player setting the screen must not be moving and must be facing their man.

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.

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Three Second Lane Violation Rule

- No lane violation will be enforced.

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.

Fouls/Free Throws

- No player will be forced to sit out after five personal fouls, unless the referee determines they are out of control and could injure another player and need to sit out.
- A technical foul is given due to inappropriate conduct, intentional fouling, or disrespectful actions. **Two** shots and possession will be awarded.
- There are no free throws in this division

Traveling and Double Dribble

- Traveling is the moving of a foot or feet while holding the ball. Pivoting on one foot is legal if that foot has not been previously moved after giving up the dribble or catching the ball. A pivot foot may be lifted on a pass or a shot if it does not touch the floor before the ball leaves the player's hands.
- If a player gains control of the ball while on the floor, they may legally pass the ball if they do not gain an advantage by rolling, sliding, or standing up with the ball.
- A player cannot pass the ball to himself/herself.
- A player may not dribble a second time after they've given up an initial dribble, unless they lose control due to an attempted shot, defensive bat or steal, or a fumbled pass that has been touched by another player.
- This rule should be taught by all coaches but will be enforced at the judgment of the official.

Schedule/Scores/Standings

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

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 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.

DeWayne Norris

Senior Program Director

Sports/Aquatics/Family Programs

Cross Timbers Family YMCA

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