



## Semones Family YMCA Basketball Rules

<u>Leagues</u>	<u>Court</u>	<u>Ball Size</u>	<u>Quarter Minutes (3min Halftime)</u>
Kinder Boys & Girls	Cross Court 8ft baskets	Junior (27.5) LITE	7 minutes
1 <sup>st</sup> Boys & Girls	Cross Court 8ft baskets	Junior (27.5)	7 minutes
2 <sup>nd</sup> Boys & Girls	Cross Court 9ft baskets	Intermediate (28.5)	9 minutes
3 <sup>rd</sup> Boys & Girls	Cross Court 9ft/10ft Baskets	Intermediate (28.5)	10 minutes
4 <sup>th</sup> Boys & Girls	Full Court 10ft baskets	Intermediate (28.5)	10 minutes
5 <sup>th</sup> Boys & Girls	Full Court 10ft baskets	Intermediate (28.5)	10 minutes
6 <sup>th</sup> Boys	Full Court 10ft baskets	Intermediate (28.5)	10 minutes
6 <sup>th</sup> Girls	Full Court 10ft baskets	Intermediate (28.5)	10 minutes
Semones Family YMCA provides game balls for all league games.			

- One practice a week will be scheduled through the YMCA if needed
- **Teams will be given 45 minutes per practice slot**

### Equipment

Uniforms will consist of:

- Dallas Mavericks Reversible Jersey
  - o BLUE SIDE = HOME
  - o NEON GREEN = AWAY

### The Game

- Scorekeeping will be done by YMCA Sports Coordinators
  - Team areas will be cleaned after each game
- Referees will furnish the scorekeepers with an official YMCA score sheet prior to the start of the game
- The scorekeepers shall keep a record of names, numbers, and fouls of players who are to start the game and all substitutes who enter the game



Every game will start with the official leading the YMCA Pledge...

*Win or Lose,  
I pledge before God,  
To do my best,  
To be a team player,  
To respect my opponents, teammates, and officials,  
And to improve myself in spirit, mind, and body.*

Every game will end with both teams meeting at center court for a team 'Great game!' to  
opponent

#### **Kindergarten/1<sup>st</sup> Grade Game/Practice Format**

Teams will have the opportunity to practice the first 20 minutes of the set time on game days. Teams will practice on one half of the court simultaneously. *For example: If game schedule says 8am, teams will practice from 8am-8:20am.*

*Game will start at 8:25am.*

It is up to coaches to make sure that parents/players get to game location on time so that teams have a successful 20-minute practice before game.

No blocking/No free throws (Shooting fouls will result in an inbound play)

#### **PLAYING TIME**

- All participants must have equal playing time.
- If a participant is not attending practices you must report this to the Sports Department.
- The purpose of the rules concerning playing time is to ensure each player has the opportunity to obtain equal playing time on the court as reasonably possible and to instill the concept of total team participation to all players.
- Number of players participating per game:
  - o 10 players: 20 minutes                  7 players: 28 minutes
  - o 9 players: 22 minutes                  6 players: 33 minutes
  - o 8 players: 25 minutes                  5 players: 40 minutes



Failure to comply with playing time rules:

- o 1<sup>st</sup> time: Verbal warning from Sports Director.
- o 2<sup>nd</sup> time: Must submit a participation sheet after every game.
- o 3<sup>rd</sup> time: Grounds for expulsion for coach and team from the league

## **GENERAL RULES**

**K-3<sup>rd</sup> Grade: Games will begin with the home team inbounding the ball from the baseline**

**4<sup>th</sup> and up: Games will begin with a jump ball.**

- Any substitute who desires to enter the game shall report to the scorers table. The substitute shall remain outside the court until an official allows him/her into the game.
- No team can apply a full court press when it leads the opposing team by 20 points. (4<sup>th</sup> and up)

*No Backcourt Press allowed for the following: K-3<sup>rd</sup> Boys and Girls*

**K-2<sup>nd</sup> Grade only:** No zone defense is allowed.

Players defend same color wristband on defense

**Coaches will be given 5 wristbands first game of season and are responsible for bringing to each game**

(a) Kinder – 2<sup>nd</sup> grade:

a. Coaches please see guidelines below for wristbands

1. Arm bands will be provided for defensive assignments. Coaches will match-up players based on size and skill level before tip-off. Arm bands may only be changed at the beginning of a game, end of quarter, during a time-out, substitution.

a) Black = Best overall player and most likely to score, handle the ball and rebound

b) Blue = 2<sup>nd</sup> best overall player and 2<sup>nd</sup> most likely to score, handle the ball and rebound

c) Red = 3<sup>rd</sup> best overall player and 3<sup>rd</sup> most likely to score, handle the ball and rebound

d) Orange = 4<sup>th</sup> best overall player and 4<sup>th</sup> most likely to score, handle the ball and rebound

e) Yellow/White = 5<sup>th</sup> best overall player and 5<sup>th</sup> most likely to score, handle the ball and rebound



**K- 2<sup>nd</sup>: No stealing on the dribble. Defensive player may ONLY tie up the ball after 5 seconds when offensive player has stopped his/her dribble resulting a jump ball (based on possession arrow) (Referee will have countdown)**

## Points of Emphasis

- (a) Rough Play – Rough play will be watched closely. Officials will be instructed to call fouls on rough play at all levels. At the Kinder – 2<sup>nd</sup> grade levels, players will be sat down for the remainder of the quarter or half depending upon the severity and timing of the offense, subject to the official's judgment. Rough play at this level can include multiple fouls by the same player in a quarter.
- (b) Kindergarten – Running with the ball. If a player runs while holding the ball the play will be stopped and returned to the offending team with an explanation to the player, games 1-3. In games 4 – 8, the ball will be awarded to the other team.
- (c) 1<sup>st</sup> Grade – Double Dribble. If a player dribbles the ball then picks it up and dribbles again, the play will be stopped and returned to the offensive team with an explanation to the player, games 1-3. In games 4 – 8, the ball will be awarded to the other team.
- (d) 2<sup>nd</sup> Grade – Traveling & Double Dribble. Travels and double dribbles of all types will be loosely called in games 1-3. In games 4-8 all violations will be turnovers.

### Bonus Shot:

The bonus shot (1 & 1) starts with the 7<sup>th</sup> team foul per half. The 10<sup>th</sup> team foul results in an automatic two free throw shots \*double bonus\*

3 pointers are allowed 4<sup>th</sup> grade and above

## Offensive Lane Violations

- (a) 4<sup>th</sup> grade-6<sup>th</sup> grades: **5 seconds**
  - Each team will be allowed two 30 second time-outs per half. The clock will stop only on time-outs, injuries, technical fouls, and the final 2 minutes of the 4<sup>th</sup> period. If there is a difference of 20 or more points, the clock will continue to run.
  - If a team is leading by 20 or more points any time during the game the scoreboard will be turned to indicate 0-0. However, the true score will be kept on the score sheet and the game will resume as usual. If a team does not get within 20 points the scoreboard will indicate the actual score.
  - All games that end in a tie will be a tie. NO OVERTIME.

No game protests



A player or coach given two (2) technical fouls in a game will be asked to leave the game. The Sports Director and/or Basketball Committee will review each technical foul. Anyone refusing to leave the game and game site will be removed by the proper authority.

The YMCA and its Basketball Committee have zero tolerance for unsportsmanlike behavior from coaches, players and spectators. We would encourage all coaches to let the Town North YMCA Sports Department know if such behavior is occurring in our youth basketball program.

- All coaches will be responsible for their players and parents conduct at all times, i.e.; BEFORE, DURING and AFTER every game and practice. Only the coach has the authority to consult with the referee at the end of a quarter, halftime, or end of game (NOT during game). Abusive language will not be tolerated at any players, coaches, or referees. Any type of fighting or instigation (taunting) will cause the guilty party to leave the game and possibly not be allowed to attend future games at the discretion of the Basketball Committee.

## **FORFEITED GAMES**

- Each game will start at scheduled time with 5 players. If a team does not have enough players you may substitute players from the opposing team.
- Teams may play with 4 players. However, the game will start at the scheduled time.

## **Semones Family YMCA Sports Department**

Sports Director

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