



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



YMCA Youth Sports Rule Book

YMCA Of Metropolitan Dallas

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	Ball Size	Goal Height	Time Outs	Game Length	Free Throws	Defense	Back Court Guarding	OT	Shot Blocking	Stealing Off Dribble	Keeping Score	Screening	Officials	Foul Outs	Team Fouls Kept
Pre-K	27.5 Lite	6 ft	2 per half	6- min	None	Man	No	No	No	No	No	No	1 official	No	No
Kinder	27.5 Lite	8 ft	2 per half	8- min	None	Man	No	No	No	No	Yes	No	1 official	No	No
1st Grade Boys	27.5	8 ft	2 per half	8- min	10 ft	Man	No	No	Yes	No	Yes	No	1 or 2 officials	Yes	Yes
1st Grade Girls	27.5	8 ft	2 per half	8- min	10 ft	Man	No	No	Yes	No	Yes	No	1 or 2 officials	Yes	Yes
2nd Grade Boys	27.5	8 ft	2 per half	8- min	10 ft	Man	No	No	Yes	No	Yes	No	1 or 2 officials	Yes	Yes
2nd Grade Girls	27.5	8ft	2 per half	8- min	10 ft	Man	No	No	Yes	No	Yes	No	1 or 2 officials	Yes	Yes
3rd Grade Boys	28.5	10 ft	2 per half	10- min	15 ft	Man/Zone	Yes	No	Yes	Yes	Yes	Yes	2 officials	Yes	Yes
3rd Grade Girls	28.5	10 ft	2 per half	10- min	15 ft	Man/Zone	Yes	No	Yes	Yes	Yes	Yes	2 officials	Yes	Yes
4th Grade Boys	28.5	10 ft	2 per half	10- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	Yes	2 officials	Yes	Yes
4th Grade Girls	28.5	10 ft	2 per half	10- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	Yes	2 officials	Yes	Yes
5th Grade Boys	29.5	10 ft	2 per half	10- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	Yes	2 officials	Yes	Yes
5th Grade Girls	28.5	10 ft	2 per half	10- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	Yes	2 officials	Yes	Yes
6th Grade Boys	29.5	10 ft	2 per half	10- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	Yes	2 officials	Yes	Yes
6th Grade Girls	28.5	10 ft	2 per half	10- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	Yes	2 officials	Yes	Yes
7th Grade Boys	29.5	10 ft	2 per half	10- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	Yes	2 officials	Yes	Yes
7th Grade Girls	28.5	10 ft	2 per half	10- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	Yes	2 officials	Yes	Yes
8th Grade Boys	29.5	10 ft	2 per half	10- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	Yes	2 officials	Yes	Yes
8th Grade Girls	28.5	10 ft	2 per half	10- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	Yes	2 officials	Yes	Yes

- Home Team will provide a volunteer to keep score, Away Team will provide a volunteer to keep the book.
- 1-and-1 will be shot on the 7th team foul, double bonus will happen on the 10th + team foul.
- 2 min OT will be played in case of a tie only during playoffs. If still tied after first 2-minute OT the winner will be determined by next goal wins.
- Substitutions will be made halfway through the quarter for the 1st-3rd quarters. 4th quarter will be open substitutions on any dead ball.



WIN OR LOSE, I PLEDGE BEFORE GOD TO DO THE BEST THAT I CAN TO BE A TEAM PLAYER, AND TO RESPECT MY TEAMMATES, MY OPPONENTS AND OFFICIALS TO IMPROVE MYSELF IN SPIRIT, MIND AND BODY.

Parent Code of Conduct

1. **Do not force an unwilling child to participate in sports**
2. **Remember children are involved in organized sports for their enjoyment not yours.**
3. **Encourage your child to always play by the rules.**
4. **Teach your child that honest effort is as important as victory so that the result of each game is accepted without undue disappointment.**
5. **Turn defeat into victory by helping your child work toward skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a game.**
6. **Remember that children learn best by example. Applaud good plays by your team and by members of the opposing team**
7. **Do not publicly question the official's judgement and never their honesty.**
8. **Support all efforts to remove verbal and physical abuse from children's sporting activities.**
9. **Recognize the value and importance of volunteer coaches. They give their time and resources to provide recreational activities for your child.**

YMCA Coaches Code of Conduct:

The YMCA believes that sports should offer competitive fun in a learning and healthy environment. All coaches should read and abide by this code of conduct. Following the Code of Conduct will make the games more enjoyable for all and help teach children that competition can take place in a friendly and fun atmosphere.

1. **I will remember that I am a youth sports coach, and that the youth sports experience should be enjoyable for players and their families, spectators, officials, and all others concerned.**
2. **I will place the emotional and physical well being of my players ahead of personal desire to win.**
3. **I will not engage in negative discussions with any game official, player, parent, coach, spectator, or YMCA employee.**
4. **I will do my best to teach the six pillars of character values (trustworthiness, respect, responsibility, caring, fairness, & citizenship) to my players, with my words and my actions.**
5. **I will be knowledgeable of the rules and the fundamentals of the game and do my best to teach them to my players.**

6. I will abide by all the rules and regulations of the YMCA.
7. I will assure that my players and I recite the sports pledge before each game and shake hands with the opposing team after each game.
8. I will see that any disputes are handled calmly and by the proper procedures and officials.
9. I will not allow my team's parents to act in a way that demonstrates disrespect for the game officials or any member if the opposing team's players, coaches, parents, or spectators.

At no time shall the following be used as a form of discipline by coaches, staff, or other volunteers in youth sports programs:

- A. Restriction of Water
- B. Restriction of use of bathroom
- C. Physical exercise
- D. Harsh, demeaning or negative yelling
- E. Physical force

YMCA Players Code of Conduct

1. I will not argue calls with officials, my coach, or parents during the game
2. I will listen and show respect to what my coach asks of me
3. I will respect my teammates as well as my opponents
4. I will not trash talk-including making fun of opponents
5. I will respect officials at all times
6. I will have a positive attitude at all times

Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind body for all.

Discipline actions

The YMCA reserves the right to warn, suspend, expel, terminate any member, guest, or program participant in the following situations:

1. Failure to follow YMCA Behavior standards or from violation of any other posted, published, or communicated rules or policies at a YMCA branch or program/event.
2. If a person has been convicted of any crime involving sexual abuse, is or has been a registered sex offender, has been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics, or intoxicating beverages.

3. If a person requires an inordinate amount of attention from the staff thereby causing inadequate levels of supervision for the remainder of the participants or members.
4. If a person's behavior is determined to be inappropriate within the scope and spirit of the YMCA values.
5. For any reason within the discretion of YMCA management.

Prohibited actions specifically include but are not limited to:

1. Unlawful, abusive, derogatory, harassing, unwelcome and/or obscene language or behavior.
2. Threats of harm, verbal abuse, physical aggression, or violent acts. Physical Assault of an official, player, coach, or spectator.
3. Behavior which poses a direct threat to themselves or others.
4. Actions based on an individual's sex, race, ethnicity, age, religion, disability, sexual orientation, or any other legally protected status.
5. Openly carrying or concealing of any weapons, devices or objects which may be used as a weapon at a YMCA location or at a YMCA sponsored event or activity. All YMCA facilities have §30.06 and §30.07, Texas Penal Code signage posted.
6. Smoking, the use of tobacco, or the use of products intended to mimic smoking or tobacco products while in, on, or around YMCA property, program, or events.
7. Using or possessing alcohol or illegal chemicals on YMCA property, in YMCA vehicles, or at YMCA- sponsored programs/events.
8. Theft or behavior that results in destruction or loss of property.
9. Harassment/intimidation by words, gestures, body language, or menacing behavior.
10. Sexually explicit conversation or behavior.
11. Unsafe, inappropriate, immodest, or sexually revealing attire.
12. Loitering within or on the grounds of the YMCA.
13. Accessing or permitting access to the YMCA facility without signing-in.
14. Using equipment for other than its intended purposes or not following safety instructions. Equipment orientations are available to all members; YMCA staff members are eager to be of assistance.

Procedures

1. If there is an incident during any game the official and/or field supervisor shall report the incident at the earliest possible time to the Sports Director.
2. The Sports Director shall review and investigate the report(s) as submitted, and upon proper investigation shall determine the seriousness of the alleged incident in a timely manner.
3. While an incident is being reviewed, involved parties may be temporarily suspended to allow all parties to cool off and ensure adequate time to reach a decision.
4. The nature, degree and circumstances of behavior will be considered on a case-by-case basis.
5. The Sports Director has the right to warn, suspend, expel, restrict, or terminate a person's involvement with the YMCA.
6. If one branch suspends/terminates a volunteer/contractor, the decision shall apply to all YMCA of Metropolitan Dallas locations. For this reason, volunteers or contracted officials who are suspended/terminated will have a flag (DNR) placed on their volunteer/contractor file so other YMCA branches do not utilize that volunteer/contractor file.
7. If a parent or spectator is suspended/terminated they will receive a written notice, referencing the YMCA Behavior Policy which will detail any restrictions to the person's involvement with the YMCA and/or program

Appeals

Any person who has been suspended and/or terminated may submit an appeal to the YMCA Sports Director within two weeks of the decision. Appeals should be delivered to the Sports Director via email and will be reviewed by the Sports POD to determine if an appeal will be granted. If an appeal is granted, the appeal will be heard by the Association Sports POD, which may include the Branch Executive and other YMCA leadership.

Player Eligibility

1. If a team is found to have an ineligible player on their team, the following actions will take place:
 - a. The team will forfeit all games played with the illegal player on their team.
 - b. The coach will be suspended 2 games for the first offence. On the second offence the coach will be suspended the remainder of the season, including the tournament.
 - c. The ineligible player will be suspended from the league for the remainder of the season.

Technical Fouls

If a team, player, or coach receives a technical foul, the opposing team will receive two free throws and possession of the ball at half court. The opposing coach will decide on who the shooter will be.

- a. **One technical foul on one player** will result in the player in question being automatically substituted out. The amount of time that the player in question sits will be determined by the coaching staff.
- b. **One technical foul on a coach** will result in the coach losing all coaching privileges and will have to remain seated for the remainder of the game.
- c. **Two technical fouls** on a coach or player will result in that person being **ejected from the game and the facility**. This will also result in a one game suspension. Suspensions will carry over from one season to the next, if necessary.
- d. **Three technical fouls** on one team in one game will result in a forfeit.

Flagrant Foul

If a player receives a flagrant foul, the opposing team will receive two free throws and possession at the point of interruption, the player committing the foul will be ejected. The opposing coach will not have a choice on who the shooter will be.

Youth Basketball League Bylaws

Rules & Timing

PreK-Kindergarten

1. Games will be played with 5 players on the courts
 - a. Minimum of (4) players must be present to start the game.
2. We will allow one coach per team on the court.
3. Each player must play at least 50% of the game.
4. 6 Minute Quarters.
 - a. Jump ball will not be used to start the game. Visiting team will get the ball at half court and the home team will get the possession arrow.
 - b. Running clock, except for the last two minutes of the 4th Quarter.
 - c. Clock runs no matter what on leads greater than 10.
5. **Players must guard Man-to Man using colored wristbands.**
6. Defense must be played within the three point line.
 - a. NO PRESS
7. Fouls will not be kept in these divisions. Any player that is fouling excessively will be substituted out of the game for a minimum of 3 minutes. No free throws.
8. Players can not steal off the dribble.
9. Players cannot block shots.
10. There are no turnovers on travels or double dribbles. The referee will stop the play and tell the player what he or she has done wrong. They will take the ball out on the side.
11. There are no 3 second calls.
12. Two timeouts per half. They are 45 seconds long.
13. No Overtime

1st-2nd Grade

1. Each player must play at least 50% of the game.
2. Certified coaches must stay in their team areas unless beckoned on the floor.
3. 8 Minutes Quarters.
 - a. Running clock, except for the last two minutes of the 4th Quarter.
 - b. Clock runs no matter what on leads greater than 10.
4. **Players must guard Man-to Man using colored wristbands.**
5. Defense must be played starting at half court.
 - a. NO PRESS
6. No double teams in the front court.
7. Players can block shots.
8. **1st-2nd Grade Free Throw Game Mechanic- in a shooting foul or bonus situation, the fouled player will shoot one free throw that is worth 2 points (no players in the lane). This will be a dead ball situation with the opposing team inbound from under the basket after the free throw.**

9. Players cannot steal off the dribble.
10. There are no 3 second calls.
11. Two timeouts per half. They are 45 seconds long. They cannot be carried over.
12. No Overtime

3rd-4th Grade

1. Each player must play at least 50% of the game.
2. Certified coaches must stay in their team areas unless beckoned on the floor.
3. 10 -minute Quarters
 - a. Running clock, except for the last two minutes of the 4th Quarter.
 - b. Clock runs no matter what on leads greater than 10.
 - c. Two timeouts per half. They are 45 seconds long. They cannot be carried over.
 - d. Overtime will be 2 minutes in length.
 - i. In regular season, if no winner after 1st overtime, then the game will be called a TIE.
 - ii. ** In playoffs, 2nd overtime will be sudden death**
4. Defense must be played starting at half court.
 - a. You can press the last two minutes of each half. If lead is greater than 10 points no pressing is allowed.

5th-8th Grade

1. Each player must play at least 50% of the game.
2. Certified coaches must stay in their team areas unless beckoned on the floor.
3. 10 Minute Quarters.
 - a. Running clock, except for the last two minutes of the 4th Quarter
 - b. Clock runs no matter what on leads greater than 10.
4. Defense:
 - a. You can press the entire game. If lead is greater than 10 points no pressing is allowed.
5. Two timeouts per half. They are 45 seconds long. They cannot be carried over.
6. Overtime will be 2 minutes in length.
 - a. In regular season, if no winner after 1st overtime, then the game will be called at TIE.
 - b. ** In playoffs, 2nd overtime will be sudden death**

Protests

1. All protest involving staff/referee judgement will be null & void.
2. If there is a rule interpretation that is not being applied appropriately, head coaches can protest these during the game. Once concluded you cannot protest rule interpretation applications. You must call a time out & indicate to the referee, "I want to protest the rule application". If overturned, you will not be charged a time out. If not overturned, you will be charged a time out. If you are out of time outs you can not protest rule interpretation applications.

3. Player eligible is the only item that can be protested before, during, or at the conclusion of a game. To overturn a game the player eligibility protest must be submitted by the head coach AND emailed within 24 hours of the scheduled game. If overturned the offended team will lose all points for that game played with the ineligible player.

Governing Bodies

1. National Federation of High School rules will be applied when not noted with the YMCA bylaws.
2. Any & all disputes will be resolved by the YMCA Sports Department and will be final!

General Rules & Guidelines

1. All Players must wear our YMCA uniforms to participate. Teams who do not wear YMCA jerseys will not be allowed to participate unless authorized by the Sports Director.
2. Shorts must be identical in color to the rest of the team.
3. No jewelry- earrings, necklaces, bracelets, etc. Jewelry that is tapped down will not be allowed. Religious and medical-alert medals are not considered jewelry. These items may be worn but must be taped down.
4. Anything on wrist other than wrist/sweat bands is prohibited.
5. No hard or soft casts are allowed.
6. Knee and ankle braces are permitted but all exposed hinges must be covered.
7. Rubber, cloth, or elastic bands may be used to control hair. Hard items including, but not limited to, beads, barrettes and bobby pins, are prohibited.

Participation

1. Each player is required to play 50% of the game.
2. If due to injury or fouling out a player is substituted in or out of a quarter, it shall be noted that even though the player(s) may have only played in a fraction of a quarter, it will be counted as a full quarter.

Substitution

3. Substitutions will be halfway through the 1st-3rd quarters. Open substitution on any dead ball during the 4th quarter.

General Information

4. Team must have four (4) players to start the game. Forfeit time is five (5) minutes after scheduled game time. Forfeiture is decided by the Gym Monitor. Teams can finish with fewer than they started with.
5. Game balls will be provided.
6. No team may suggest for player(s) to stay at home to have better players at the game. If violated, the team will forfeit that game.

7. Player(s) without uniform or same color shirt may not participate. No switching jerseys. No defacing or “cutting up” of the jersey. No team may have the same number for more than one player. No jewelry, this includes rings and any form of earrings.
8. **Technical Fouls:** If a team, player, or coach receives a technical foul, the opposing team will receive two free throws and possession of the ball at half court. The opposing coach will decide on who the shooter will be.
 - a. **One technical foul on one player** will result in the player in question being automatically substituted out. The amount of time that the player in question sits will be determined by the coaching staff.
 - b. **One technical foul on a coach** will result in the coach losing all coaching privileges and will have to remain seated for the remainder of the game.
 - c. **Two technical fouls** on a coach or player will result in that person being **ejected from the game and the facility**. This will also result in a one game suspension.
 - d. **Three technical fouls** on one team in one game will result in a forfeit.
9. **Flagrant Foul:** If a player receives a flagrant foul, the opposing team will receive two free throws and possession at the point of interruption, the player committing the foul will be ejected. The opposing coach will not have a choice on who the shooter will be.
10. Coaches are responsible for the conduct of the parents from his/her team. They are expected to help keep control when necessary. Referee will be instructed to call a technical on unacceptable crowd behavior. Negative comments from spectators are not part of YMCA sports.
11. Coaches should instruct players not to arrive at game or practices until it is time to play. This will help with crowd control during the games.
12. Each coach is responsible for the supervision of his team members and halls and gym on the school where he practices and the school where he/she plays during the time listed on the game schedule. Any member of the team left at the gym is the responsibility of the coach.
13. Time and score keepers must be eighteen (18) years or older and must be ready five (5) minutes prior to game time. Each team is responsible for providing one (1). Inability to find a competent individual to help with scoring or time by five (5) minutes after the scheduled game time will result in a forfeit for the responsible team(s).
14. Over-time: 2.00 Minutes If no winner after 1st OT, it will be deemed a tie. ** Playoffs-sudden death**
15. Stop the clock at every whistle in the last 2 min of play during 4th quarter unless in Mercy (10+ points or more).
16. Violations in 2nd & under divisions: the officials will use their best judgement during game. Penalties/violations will only be enforced if a player is gaining an advantage. In most cases, the officials will attempt to talk a player out of a violation. This is to keep the flow of the game intact.