FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Youth Basketball Rules and Guidelines

YMCA of Metropolitan Dallas

Mission Statement

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

Edited: 12/2/2022

Quick Rule Reference Guide

	Ball Size	Goal Height	Time Outs Per Half	Quarter Length	Free Throw Distance	*Defense	*Back Court Guarding	*OT	Shot Blocking	Stealing Off Dribble	Screening	Officials	Foul Outs	Team Fouls Kept
Pre-K	27.5 Lite	6 ft	2	6- min	None	Man	No	No	No	No	No	1 official	No	No
Kinder	27.5 Lite	8 ft	2	6- min	None	Man	No	No	No	No	No	1 official	No	No
1st Grade Boys	27.5	8 ft	2	8- min	10 ft	Man	No	No	Yes	No	No	1 or 2 officials	Yes	Yes
1st Grade Girls	27.5	8 ft	2	8- min	10 ft	Man	No	No	Yes	No	No	1 or 2 officials	Yes	Yes
2nd Grade Boys	27.5	8 ft	2	8- min	10 ft	Man	No	No	Yes	No	No	1 or 2 officials	Yes	Yes
2nd Grade Girls	27.5	8ft	2	8- min	10 ft	Man	No	No	Yes	No	No	1 or 2 officials	Yes	Yes
3rd Grade Boys	28.5	10 ft	2	8- min	15 ft	Man/Zone	Yes	No	Yes	Yes	Yes	2 officials	Yes	Yes
3rd Grade Girls	28.5	10 ft	2	8- min	15 ft	Man/Zone	Yes	No	Yes	Yes	Yes	2 officials	Yes	Yes
4th Grade Boys	28.5	10 ft	2	8- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	2 officials	Yes	Yes
4th Grade Girls	28.5	10 ft	2	8- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	2 officials	Yes	Yes
5th Grade Boys	28.5	10 ft	2	8- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	2 officials	Yes	Yes
5th Grade Girls	28.5	10 ft	2	8- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	2 officials	Yes	Yes
6th Grade Boys	28.5	10 ft	2	8- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	2 officials	Yes	Yes
6th Grade Girls	28.5	10 ft	2	8- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	2 officials	Yes	Yes
7th Grade Boys	29.5	10 ft	2	8- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	2 officials	Yes	Yes
7th Grade Girls	28.5	10 ft	2	8- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	2 officials	Yes	Yes
8th Grade Boys	29.5	10 ft	2	8- min	15ft	Man/Zone	Yes	No	Yes	Yes	Yes	2 officials	Yes	Yes
8th Grade Girls	28.5	10 ft	2	8- min	15ft	Man/Zone	Yes	No	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 score/foul sheet.**
- **1-and-1 will be shot on the 7th team foul each half. 2 shots will occur beginning the 10th team foul each half.**

***See grade specific rules for possible variations to this grid.**

YMCA Rules and Guidelines

All YMCA Sports Rules and Guidelines are reviewed at the end of each season by the YMCA of Metropolitan Dallas Senior and Regional Sports Directors and the Youth Sports lead. Current YMCA rules will be posted or the YMCA of Metropolitan Dallas Sports website for each branch.

YMCA Player's Pledge

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

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 which will play sports 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 wellbeing 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, family and guests to act in a way that demonstrates disrespect for the game officials or any member of 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 Player's Code of Conduct

1. I will not argue calls with officials, coaches, parents and or spectators during the game.
2. I will listen and show respect to what my coach asks of me.
3. I will respect my teammates and my opponents.
4. I will not trash talk, including making fun of others.
5. I will always respect officials.
6. I will always have a positive attitude.
7. I will show sportsmanship before, during and after practice and game play.

YMCA Parents' Code of Conduct

1. Do not force an unwilling child to participate in sports.
2. Remember children participate 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.

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.**

<u>Procedures</u>

1. **If there is an incident during any game the official and/or gym supervisor shall report the incident at the earliest possible time to the Sports Director or designated Y staff member.**
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 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.**
7. **If a parent or spectator is suspended/terminated they will receive a written notice, referencing the YMCA behavior standards which will detail any restrictions to the person's involvement with the YMCA and/or program**

<u>Appeals</u>

Any person who has been suspended and/or terminated may submit an appeal to the YMCA Sports Director within a week of the decision. Appeals should be delivered to the Sports Director via email and will be reviewed by the YMCA Leadership to determine if an appeal will be granted. If an appeal is granted, YMCA Leadership will hear the appeal.

Player Eligibility

1. Only players who are registered in the YMCA registration system and assigned to the team's roster by YMCA staff are eligible to play in a game. Exception can only be given by YMCA Sports Director or assigned sports staff.
2. 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 two games for the first offense. On the second offense the coach will be suspended the remainder of the season, including any tournament.
    c. The ineligible player will be suspended from the league for the remainder of the season.

Protests

1. All protests 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 during the game using a timeout. Once concluded you cannot protest rule interpretation applications. The coach must call a time out & indicate to the referee, "I want to protest the rule application." If overturned, the team will not be charged a timeout. If not overturned, the team will be charged a timeout. If the team is out of timeouts, the coach cannot protest rule interpretation applications and can be charged a technical foul.
3. Player eligibility 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.

Attire

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. No jewelry, earrings, necklaces, bracelets, etc. Jewelry that is taped down will not be allowed. Religious and medical-alert medals are not considered jewelry. These items may be worn but must be taped down.
3. Anything on wrist other than wrist/sweat bands is prohibited.
4. No hard or soft casts are allowed.
5. Knee and ankle braces are permitted but all exposed hinges must be covered.
6. 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.

Game Rules & Guidelines

Participaction/Substitution

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.
3. Substitutions may be made at any dead ball. Each player must receive opportunities for equal playing time. If a coach/team is found in constant violation of this rule, then the Sport Director or designated staff may enforce substitutions to be made at the midpoint of each quarter.

General Information

1. YMCA basketball is 5 on 5 play. Team must have at least four (4) players to start the game. Forfeit time is five (5) minutes after scheduled game time. Forfeiture is decided by the assigned staff site lead. Teams can finish with fewer than they started with.
2. The YMCA will provide game balls.
3. 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.
4. Player(s) without uniform or same color shirt may not participate. No switching jerseys. No defacing or "cutting up" of the jersey. No team should have the same number for more than one player.
5. **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.
6. **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.
7. Coaches are responsible for the conduct of the parents, families and guests 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.
8. Coaches should instruct players and spectators to arrive 10 minutes before practice or game time. This will help with crowd control.
9. Each coach is responsible for the supervision of his team members and halls and gym of the location where he practices and 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.
10. Coach is responsible for making sure bench area is clean of team's items and trash after each game.
11. Time and scorekeepers must be sixteen (16) 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).

12. **No Overtime in regular season. For tournament play OT is 2 Minutes. If no winner after 1st overtime game will end in sudden death (first score).**
13. **Stop the clock at <u>every whistle</u> in the last 2 minutes of play during 4th quarter unless there is a point spread of 10 points or more.**
14. **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.**

15. **Wrist Band Distribution for PreK – 2nd Grade divisions**

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

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

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

    d) Yellow = 4th best overall player and 4th most likely to score, handle the ball and rebound

    e) White = 5th best overall player and 5th most likely to score, handle the ball and rebound

    If different colors are used than listed above please use alphabetical order of band color.

Grade Specific Rules

PreK-Kindergarten

1. One coach per team allowed on the court.
2. 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 will be used except for the last two minutes of the 4th quarter.
    c. Clock runs last two minutes of 4th quarter if a team leads greater than 10.
3. **Players must guard Man to Man using colored wristbands.**
4. Defense must be played within the three-point line.
    a. NO PRESS
5. 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.
6. Players cannot steal off the dribble.
7. Players cannot block shots.
8. 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.
9. There are no 3 second calls.
10. Two timeouts per half. They are 45 seconds long. They cannot be carried over.

1st-2nd Grade

1. Certified coaches must stay in their team areas unless beckoned on the floor.
2. 8 Minute quarters.
    a. Running clock, except for the last two minutes of the 4th quarter.
    b. Clock runs last two minutes of 4th quarter if a team leads greater than 10.
3. **Players must guard Man to Man using colored wristbands.**
4. Defense must be played starting at half court.
    a. NO PRESS
5. No double teams in the front court.
6. Players cannot steal off the dribble.
7. Players can block shots.
8. Free Throw Rule – In a shooting foul or bonus situation, the fouled player will shoot one free throw that is worth 2 points with no players in the lane. This will be a dead ball situation with the opposing team inbounding from under the basket after the free throw.
9. There are no 3 second calls.
10. Two timeouts per half. They are 45 seconds long. They cannot be carried over.
11. To ensure good sportsmanship and fun play for all, we will have a 20-point differential rule:
    a. Scoreboard is set at 0-0 and only kept in book for rest of game
    b. Defense by the team ahead at the time of 20-point rule implementation will be restricted to the key area. All defensive players must have at least one foot in the key. The key is defined as the free throw line and both lines on each side of the free throw lane.

3rd–4th Grade

1. Certified coaches must stay in their team areas unless beckoned on the floor.
2. 8-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.
3. Defense must be played starting at half court.
    a. You can full court press the last two minutes of each half. If lead is greater than 10 points no pressing is allowed.
4. To ensure good sportsmanship and fun play for all, we will have a 20-point differential rule:
    a. Scoreboard is set at 0-0 and only kept in book for rest of game
    b. Defense by the team ahead at the time of 20-point rule implementation will be restricted to the three point area. All defensive players must have at least one foot in the three point area.
5. Two timeouts per half. They are 45 seconds long. They cannot be carried over.

5th–8th Grade

1. Certified coaches must stay in their team areas unless beckoned on the floor.
2. 8 Minute quarters.
    a. Running clock, except for the last two minutes of the 4th quarter
    b. Clock runs last two minutes of 4th quarter if a team leads greater than 10.
3. Defense:
    a. 5th/6th grade – You can full court press the entire game. If lead is greater than 10 points no pressing is allowed.
    b. 7th/8th grade – You can full court press the entire game. If lead is greater than 20 points no pressing is allowed.
4. Two timeouts per half. They are 45 seconds long. They cannot be carried over.

Governing Bodies

1. National Federation of High School rules will be applied when not noted within these rules.
2. Any disputes will be resolved by the YMCA of Metropolitan Dallas Sports Department and will be final.