



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Competitive League: General Rules

1. We will follow current High School basketball rules except altered by the YMCA. (I.e., 3rd and 4th grades)
2. The YMCA Sports Director shall have final authority to rule and interpret all decisions and rule modifications regarding the program.
3. ROSTERS: Team rosters submitted must have at least 7 players, not more than 12. Once submitted to the YMCA Sports Office, you have until December 25th for the listed players are committed to that team for the duration of the season. No player will be allowed to switch teams once he or she has been rostered.
 - i. Players registered for either recreation or competitive league may only play in the league they are registered.
4. ROSTER ADDITIONS: A team registering with less than 10 players may add eligible players until the 4th week. After initial rosters are submitted, please email the info to the Sports Director.
5. The YMCA maintains the position a player's academic and athletic standing are one and the same; the divisions are based on a player's grade. The highest grade within the team is the grade level the team must participate in. No playdowns are allowed.
6. UNIFORMS: Each team is responsible for its own uniforms. A set of light/white jerseys and a set of dark jerseys must be available at each game. Reversible jerseys are acceptable. **Uniforms must be numbered, using numbers 0-5 (6-9 are illegal numbers), and cannot be more than 2 digits total. The numbers should be at least 6" high on the center back of the jersey. Numbers on the front are desirable but not required.**

Home teams= White Away Teams = Dark
7. There will be NO MAKE UP GAMES. Your schedule is your schedule. It is your coach's responsibility to ensure enough players are available to avoid forfeiture.

YMCA OF THE INLAND NORTHWEST
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8. Home teams are responsible for providing two people at the score table. One for keeping score and one for running the clock. Instructions are at each score table. Gym Supervisors will collect score sheets for record keeping. Make sure grade/teams and scores are on the score sheet.
9. The winning team will report the score via email to the director for accurate record keeping.
10. Fighting or flagrant fouls (intentionally violent) will constitute automatic ejection from the game. Incident will be reviewed by the YMCA and further action may be taken up to & including:
suspension or expulsion from league play. **If parents/fans become unruly, officials are prompted to stop the game and speak with the coach who will in turn be required to address the parents/fans. If officials have to repeat this, the team will forfeit the game.**
11. Abusive or obscene language will not be tolerated by a coach, fan, or player.
 - i. 1st Offense – Technical Foul 2nd Offense – Technical Foul & Ejection
12. Technical & Flagrant Foul: Automatic 2 points and ball out of bounds.
13. If a player sustains an injury, he/she must be removed from the game. He/she may return to play when recovered.
14. League standings will be posted bi-weekly by the YMCA (win/loss record) in order to schedule the season ending playoff. Single-elimination Playoff will be seeded based off season records.
15. All divisions will utilize 8-minute quarters with regulation high school timing **with the exception of 3rd grade. We will have 2, 20-minute running halves with the clock stopping only for timeouts and free throws.**
16. Game time is start time. No game shall begin early unless both coaches agree and ask the game officials.
17. Clock begins at game time. The game is forfeited if opposing team does not show up within 10 minutes of scheduled start time.
18. 5 players must start the game. (Unless opposing coach agrees to play 5 vs 4)
19. 5-minute warm-up (minimum)

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1. 2-minute half time (maximum)
2. 1 minute between quarters (maximum) 3. Three (3) 60 second (full) time outs per game.
4. Two (2) 30 second (half) time outs per game.
5. One (1) 60 second time out per overtime period. Any time outs left after regulation, or any overtime periods, do not carry over.
6. Overtime – Playoffs Only

Competitive league GRADE SPECIFIC RULES

Grade 3

1. Intermediate size basketball (28.5) will be used. NEW: 2, 20-minute halves with clock stopping only for timeouts and free throws.
2. Girls and boys will play on a 9 foot hoop.
 - a. **Defense shall be MAN-TO-MAN ONLY.** Double-teaming is allowed inside the key only. Double teaming or more outside the key is not and shall be considered zone defense. Press is allowed but must be man to man. Stealing the ball and switching on defense (setting a screen) is allowed. No press is allowed by teams up by 15 or more.
 - b. Penalty for violation of this rule shall be:
 1. First Offense: Warning
 2. Second Offense: 2 points and the ball
 - c. FREE THROW LINE. The free throw line shall start at 12'. If a player wishes to move back, they are free to do so. The referee may elect to move any player closer in order to have any chance at success. No lane violation shall occur for stepping over the line. A violation for purposefully advancing to the rim to rebound the ball before it hits the rim shall be enforced.



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Grade 4, 5, 6, 7 & 8

3. Intermediate size basketball (28.5) will be used. 7 & 8 Boys will use full size basketball.
 - a. Man-to-man or zone is legal. Full court press and high half court traps are not allowed by a team that is in the lead by 15 points or more.
 - b. First Offense: Warning - Second Offense: 2 points and the ball
 - c. Note: The team trailing may still employ the press or trap.