



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA BASKETBALL RECREATIONAL LEAGUE

GENERAL RULES

1. YMCA basketball will follow current High School basketball rules except when altered by the YMCA.
2. The YMCA Director of Sports shall have final authority on all decisions and rule modifications regarding the program. All players are responsible for own insurance.
3. **Every player plays a minimum of a half game.** The YMCA will make every effort to place no more than 10 players on a team.
4. The coach can limit playing time for disciplinary or other reasons with the YMCA Director's approval.
5. All grades will wear YMCA reversible jerseys. Teams will not provide their own uniforms.
6. The YMCA will assign team names.
7. Games may be started and continued with a minimum of 4 rostered players or a player may be borrowed from the opposing team.
8. There will be **NO MAKE UP GAMES** scheduled by the YMCA. A game may be made up without YMCA assistance if agreeable to both coaches.
9. **OVERTIME:** There will be no overtime for grades K-8. Overtime will be during tournament play only.
10. **SCORESHEETS:** Grades K, 1, 2, 3,4 home team will provide scorekeeper to keep score. No official records will be kept.
Scorekeepers will be provided by home teams for grades 5, 6, 7, & 8 for tracking the score/fouls and running the game clock. Teams will be asked to assist if any technical difficulties occur with the scoreboard. Teams may provide their own scorekeeper as their team statistician, but may not sit at the scorekeepers table unless technical difficulties occur.
11. Abusive or obscene language will not be tolerated from a coach, fan, or player.

1st Offense – Technical Foul

2nd Offense – Technical Foul & Ejection

 - Fighting or flagrant fouls (intentionally violent) will constitute automatic ejection from the game.
 - Fighting Incidents will be reviewed by the YMCA and further action may be taken up to & including suspension or expulsion from league play.
 - Please allow for a 48-hour cool-down period if a discussion is needed.
 - 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.

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.

GENERAL RULES

14. Hoop Height

Grade:

K-1st 8 feet

2-3rd 9 feet

4-8th 10 feet

- 15.

Grades K, 1, 2, 3, & 4: All games shall consist of **4, 8-minute quarters**. Clock will stop at 4 minutes to make substitutions. Running clock with exception for official or team timeouts, or injuries.

Grades 5, 6, 7, & 8: These divisions will utilize **4, 10-minute running quarters** (stop clock with 2 minutes left in the 2nd and 4th quarter). Scorekeeper will operate a stop clock during each of those two minutes.

TIME OUTS:

Grades K, 1, 2, 3, & 4: There is a 1-minute timeout at the 4-minute mark of each quarter. No additional time outs.

Grades 5, 6, 7, & 8: Each team has 3 one-minute time outs and two (2) 30-second time outs per game.

16. Half time will be 2 minutes and there will be 1 minute between quarters.

17. **Grades K, 1, 2, 3, 4, 5, 6:** Defense shall be MAN-TO-MAN. Double-teaming is allowed inside the key only. Double teaming or more outside the key is not and shall be considered zone defense. Penalty for violation of this rule shall be:

First offense – K, 1, 2, 3: If the referee thinks a team is not playing man-to-man then he/she will stop play to have kids match up. The clock will continue to run.

Grades 4, 5, 6, 7, & 8: Warning

Second offense – 4th grade and up - 2 points and the ball

EXCEPTION: Grades 7 & 8 may play zone.

18. Use of protective gear is allowed on case-by-case basis. This includes face masks, arm casts, etc.

19. **Jewelry will not be allowed of any kind. Officials will enforce no jewelry prior to each game.**

Officials are defined as the following: gym supervisor, referees, scorekeepers, and YMCA staff.



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GRADE SPECIFIC RULES

Grades K, 1 & 2

1. Junior size (27.5") ball is used.
2. There will be no foul shots. The team being fouled will take the ball out of bounds.
3. No full court press. Defense shall be man-to-man ONLY.
4. All dead balls must be inbounded from the sideline.
5. Free inbounds pass.
6. Traveling/Double Dribble will be called at the referee's discretion.
7. Substitutions are made between quarters and at the 4-minute mark of each quarter.
8. No stealing the ball or reaching in while an offensive player is dribbling. However, a player may steal a pass or block a shot. Excessive holding of the ball (referee's discretion) by an offensive player will be a turnover. Reaching in to force a jump ball is prohibited.
9. Score will be kept during game.

Grade 3

1. Intermediate (28.5) will be used. Hoop height is 9ft.
2. Traveling/Double Dribble will be called at the referee's discretion.
3. No full court press. Defense shall be man-to-man.
4. 3-second violation can be called (referee's discretion).
5. Foul shots can be shot from as close as 12 feet.
6. Ball must be inbounded from the sideline.
7. Free inbounds pass.
8. No stealing the ball or reaching in while an offensive player is dribbling. However, a player may steal a pass or block a shot. Excessive holding of the ball (referee's discretion) by an offensive player will be a turnover. Reaching in to force a jump ball is prohibited.
9. Score will be kept during game.



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GRADE SPECIFIC RULES

Grade 4

10. Intermediate (28.5) will be used. Hoop height is 10ft.
11. Traveling/Double Dribble will be called at the referee's discretion.
12. No full court press. Defense shall be man-to-man.
13. 3-second violation can be called (referee's discretion).
14. Foul shots can be shot from as close as 12 feet.
15. Ball must be inbounded from the sideline.
16. Free inbounds pass.
17. No stealing the ball or reaching in while an offensive player is dribbling. However, a player may steal a pass or block a shot. Excessive holding of the ball (referee's discretion) by an offensive player will be a turnover. Reaching in to force a jump ball is prohibited.
18. Score will be kept during game.

GRADES 5, 6

1. Intermediate (28.5) size basketball will be used.
2. 3 second, 5 second and 10 second violations will be called.
3. Stealing the dribble is allowed.
4. (5th and 6th grade), Substitutions will be allowed at any dead ball. However, players must check in at the scorer's table.
5. Score will be kept/displayed, but may be stopped at either coach's request or referee's discretion (i.e. lopsided scores).
6. Shooting fouls will result in free throws.



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7. PRESSING:

Full court press is allowed. The full court press may be man-to-man only. No press will be allowed by a team with a 15+ point advantage.

GRADES 7,8

1. Full size basketball appropriate to each gender is used.
2. Regulation Basketball High School rules apply.
3. No press will be allowed by a team with a 15+ point advantage.
4. Shot clock will NOT be used.