

# YMCA Youth Basketball Game Playing Rules

Grades 4-5 Recreational League

Updated 1-2-06 rev 2.0

- A. Starting the Game and Alternate Possession**
- a. Each game will have on jump ball situation at the beginning of the game. The team that gets possession of the initial tip will turn the ball over to the opposing team in the next jump ball situation. Teams will alternate possession the entire game from the initial tip. The ball is taken out at half court. The same sequence of alternation will continue at the beginning of each quarter and at the beginning of the second half. To begin each quarter the ball will be taken out at half court.
- B. Timing Regulations/Score clock**
- a. Games must begin on time and will end 5 minutes prior to the next scheduled game time if time has not expired previously. Game time limit is 55 minutes. This rule will be enforced to keep all the games running on time. (If, for example, a game starts late for lack of players on one team; the game will still end promptly at 5 minutes until the hour.)
  - b. Each quarter will be timed by a 10-minute running clock.
  - c. The clock will stop for time-outs.
  - d. All grades will receive one 20-second timeout and one full 60-second timeout per half. Timeouts cannot be taken consecutively. If more than two timeouts are taken a technical foul will be assessed.
  - e. Coaches or players may request time outs. Only the referee can call a time out.
  - f. There will be a one-minute intermission between quarters and four minutes between halves. Teams must be ready to play immediately after the intermission. This includes your pep talk and matching up players. The clock will resume after the time out or quarter whether both teams are ready or not.
- C. Players, Substitutes and Starters**
- a. All players shall receive equal playing time.
  - b. No jewelry will be worn during games, including hair ribbons, earrings, necklaces or watches. Band-Aids may be worn over earrings to prevent injury.
  - c. Games are 5-on-5. You may start your game with four players. A late fifth player may enter the game at a dead ball using the same procedure as a substitution. Teams may also finish with four players.
  - d. Unlimited substitutions will be allowed.
  - e. The entering player shall not replace a free thrower, except after a made free throw.
  - f. Coaches are urged to start different players and to pass that honor around to all players. The same goes for the players selected to take part in the 'Jump Ball' to start the game.

- g. A player must throw the ball in from the sidelines within five seconds. Also, defensive players must allow at least three feet from the side or end lines.
- h. No score will be kept on the scoreboard, unless we are in the process of training new employees.
- i. Only two coaches (the head coach and the assistant coach) will be allowed to sit with their team. Other parents must sit in the bleachers.
- j. Children other than the players may not sit with the team. They must sit in the bleachers as well.

**D. Key (Lane) violations will be assessed as follows:**

- a. A violation will occur after three seconds in the key for offensive players.

**E. Defense**

- a. Grades K-5<sup>th</sup> must use man-to-man defense. Man-to-man coverage promotes the development of individual skill and serves as an equalizer for less talented teams.
- b. No zone defense. Definition of a zone defense: Once a team has advanced the ball into its frontcourt no defensive player may intentionally guard an area instead of an opponent (within 6 feet of the person they are guarding).
- c. **No double teaming at this level. Definition of a double team: Two or more players obviously and distinctly defending against the offensive player with the ball.**
- d. **Allowable double team situations:**
  - 1. **In a switch which is either two defensive players changing checking assignments due to a defensive player verbally directing his teammate. Switches need to be clear-cut**
  - 2. **During a breakaway to the basket situation where the offensive player with the ball is picked up or checked by another player that they were not matched up with.**
- e. Basic defensive moves such as switching and sliding through are permissible. As long as there is no double-teaming, a player is allowed to guard another player that they were not matched up with, especially on a breakaway.
- f. No full court press for grades K-5<sup>th</sup> will be allowed in the recreational league.
  - 1. Definition of no press: Once a player or a team gains control of the ball in the backcourt, the team must be allowed to move the ball unhindered past the centerline. Defensive positions on the player with the ball may not be established until the person with the ball has both feet in the frontcourt.
- g. Coaches, it is very important for children to know who they are guarding. Please help them with this. Some coaches may even want to sub five players in at the same time so there is no confusion as to who players are

guarding. The referee can help the players at the beginning of the game, before each quarter and during “whole team” substitutions.

1. Please teach your players how to defend without using their hands by moving their feet and hustling

#### **F. Offense**

- a. **A spread offense is not allowed at anytime. There is not a shot clock in the league, therefore, no stalling.**
- b. For all grades, three-pointers are allowed in gyms that have distinct three-point lines. Conversely, any gym without distinct three-point line will not be allowed to have three-pointers.
- c. For 4<sup>th</sup> – 5<sup>th</sup> Grade: You must have at least two post players on the block or at the high post area (this is to prevent a guard going one-on-one to the hoop and one player dominating the game).

#### **G. Referees**

- a. The referees are screened and or trained through the YMCA or the CCF. Not all referees call the games the same. They do have our rulebooks. Please be patient and appreciative of our referees. Teach your players to respect the referees and accept the calls. Young players will learn to be highly-respected athletes if they learn how to conduct themselves on the court. Not only do we appreciate your help with this, but the parents will to. **The point is this: What kind of example are you setting as a coach to the players and fans about respecting the officials?** Choose to be a great example of sportsmanship.

#### **H. Fouls and Free Throws**

- a. The free throw line distance will be the regulation 15 feet.
- b. **Conduct:** Referees can assess a technical foul against coaches and/or players for unsportsmanlike conduct resulting in two free throws for the opposing team. A second technical foul in this area will result in expulsion. **For the safety of everyone and to let the person cool off, they must leave the building for the duration of the game. Refusal to do so upon referee’s request will result in forfeiture of the game and possible disciplinary action by the YMCA (depending on the circumstances).** All technical fouls are two shots plus they keep possession.
- c. The no-shot foul shall be in effect from the start of each half up through the sixth team foul. The one-and-one bonus rule shall be in effect starting from the seventh team foul. Offensive and technical fouls are counted as team fouls and are counted in each players allotted five personal fouls.
- d. An intentional foul will be assessed for players safety when the defender fouls the offensive player without making an effort to stop the ball. For example, when a player is on a fast break ready to make a lay-in and the defender pushes him/her in the back is an intentional foul. Two free throws and possession of the ball will be rewarded for this offense. If the

foul was deliberate to harm the other player, the defender may be asked to leave for the rest of that game. We want everyone to be safe and injury free while playing Y sports.

- e. All free throws must hit the rim for a missed free throw to remain in play or a turnover will result.
- f. Five fouls will disqualify a player. Personal and technical fouls are combined.
- g. For a free throw line-up, only six players are allowed to line up around the key. The players must be lined up in the correct order. This rule was implemented to stop the hard foul from happening to the shooter.

**I. Game Baskets-Rim Heights**

- a. K-3<sup>rd</sup> Grades will play on a short court with 8 ft. rims.
- b. 4<sup>th</sup> – 5<sup>th</sup> Grades will play on a full court with 10 ft. rims.

**J. Over the back Rule**

- a. For K-3<sup>rd</sup> grades the over the back rule is not in effect if it is done in a casual or careless manner without intent to harm.
- b. For 4<sup>th</sup>-5<sup>th</sup> grades it should be called accordingly.

**K. Ball Sizes for Teams**

- a. K-3<sup>rd</sup> Grade will use a Youth Size Ball
- b. 3<sup>rd</sup>-5<sup>th</sup> Grade Boys will use a Regulation Size Ball
- c. 3<sup>rd</sup>- 5<sup>th</sup> Grade Girls will use a Intermediate Size Ball

**L. Bench Decorum**

For respect and orderliness, coaches must remain seated on the bench at all times with a few exceptions.

- a. K-1<sup>st</sup> grades coaches are encouraged to be on the floor with the kids to facilitate game flow.
- b. 2<sup>nd</sup> – 3<sup>rd</sup> grade coaches are also allowed on the floor but need to be careful to not disturb game flow.
- c. 4<sup>th</sup> – 5<sup>th</sup> grade coaches are allowed to stand momentarily to communicate with players, stand to call timeout, spontaneously react to an outstanding play, and to confer with players on the bench. Please be respectful to the scorekeeper. He/she cannot see what is going on if the coach is standing in front of the scorekeeper's table.

**M. Injuries**

- a. Players with exposed blood must be removed from play and cleaned up. If there is blood on clothing, the clothing must be replaced before that player will be allowed back into the game. The referees will have a First Aid kit.

**N. Profanity**

- a. Referees and scorekeepers will call any profanity against a team at any time, resulting in a technical.

