

# YMCA Youth Basketball Game Playing Rules

## Grades 6-12 Updated 12/07

Note: High school basketball rules will apply to any rules not stated below.

### A. Substitutes and Starters

- a. To help kids develop their skills, everyone will play in each game. We highly suggest that coaches play all members of their teams for half the game.
- b. Games are 5-on-5. Any team failing to start 5 players will forfeit the game. The game may be played, but will be done so under forfeit. Teams may finish with four players.
- c. Unlimited substitutions will be allowed.
- d. The entering player shall not replace a free throw shooter, except after a made free throw, or lane violation.

### B. Timing regulations/Score clock

- a. Games must begin on time.
- b. Each quarter will be timed using a 10-minute running clock. Exception: The clock will be stopped during each deadball situation (each time the referee blows the whistle,) during the last two minutes of the game (the game must be within 10 points otherwise the clock will run). This rule applies to the final two minutes of overtime periods, as well.
- 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.
- e. Coaches or players may request time outs. Only the referee can call a time out.
- f. There will be a four-minute intermission between halves and a one-minute break between quarters. Teams must be ready to play immediately after these intermissions. 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.
- g. The ball must cross the center court line within 10 seconds or the ball is lost to the opposite team.
- h. 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. They may not reach out-of-bounds to stop the ball from being inbounded. If a defensive player reaches across the end line, a team warning will be issued. Upon a second occurrence in the game, a technical foul will be assessed. Anytime a defensive player touches the ball when guarding the out-of-bounds passer, a technical foul will be automatically called.
- i. The scoreboard will be turned off when one team reaches a 20-point lead. The scoreboard will be turned back on once the game score is within 20.

- j. 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.
- k. Children other than the players may not sit with the team. They must sit in the bleachers as well.

**C. Players**

- a. All players shall receive playing time. Remember, at the YMCA, everybody plays and everybody wins!
- 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.

**D. 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.

**E. Full court press/Defense**

- a. There is one stipulation in regards to the full court press. If a team gains a 20-point lead, they must stop the full court press until the lead is less than 20 points.
- b. In the competitive league, teams may use a full-court press, zone defenses and double-teaming.

**F. Fouls and free throws**

- a. **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 possession of the ball. Technical fouls will be reviewed by YMCA Staff and/or the Coaches Council, possibly resulting in further disciplinary action.
- b. 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 also counted in each player's allotted five personal fouls.

- c. An intentional foul will be assessed for player's 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-up and the defender pushes him/her in the back is an intentional foul. Two free throws and possession of the ball will be result. If the foul was deliberate to harm the other player, a flagrant foul will be assessed, further resulting in ejection from the game by the defending player. We want everyone to be safe and injury free while playing Y sports. Intentionally hurting another is not a YMCA Value!
- d. All free throws must hit the rim for a missed free throw to remain in play or a turnover will result.
- e. Five fouls will disqualify a player. Personal and technical fouls are combined.
- f. 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.

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

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

**H. Offense**

- a. 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 (ex. Washington State School for the Blind).

**I. Referees**

- a. The referees are screened and trained through the Clark County Family YMCA. However, not all referees call games similarly. 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.

**J. Over the back Rule**

- a. This is a point of emphasis and will be called tightly.

**K. Bench Decorum**

- a. For respect and orderliness, coaches should remain seated on the bench when at all possible with a few exceptions. Coaches will be allowed to stand momentarily to communicate with players, 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. There will be a coaches box. If a coach steps beyond the box, a technical foul will be assessed. Upon a second technical foul called against a coach, the coach will be ejected from the game.

**L. 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.

**M. Profanity**

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

**N. Ball Sizes for Teams**

- a. 6<sup>th</sup>-12<sup>th</sup> grade girls will use a girl's intermediate size ball.  
b. 6<sup>th</sup>-12<sup>th</sup> grade boys will use a regulation size ball.