

YMCA Youth Basketball Game Playing Rules

K-3 Recreational League

Updated 1-3-07 rev 3.0

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. Defense

- a. Grades K-3rd 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. Defenders may not steal the dribble from an offensive player. Nor may they steal the basketball from the hands of an offensive player.
- e. No full court press for grades K-3rd 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.
- f. 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

E. 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.

F. Referees

- a. The referees are screened and or trained through the YMCA or other governing body. 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 as well. **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.

G. Fouls and Free Throws

- a. K-3rd Exception – No free throws will be awarded.

H. Game Baskets-Rim Heights

- a. K-3rd Grades will play on a short court with 8 ft. rims.

I. Over the back Rule

- a. For K-3rd 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 4th-5th grades it should be called accordingly.

J. Ball Sizes for Teams

- a. K-3rd Grade will use a Youth Size Ball

K. Bench Decorum

Coaches are responsible for maintaining the cleanliness of their team's bench.

- a. K-1st grades coaches are encouraged to be on the floor with the kids to facilitate game flow.
- b. 2nd – 3rd grade coaches are also allowed on the floor but need to be careful to not disturb game flow.

L. Injuries

- a. The referees will have a First Aid kit at the score table. Injuries will be dealt with according to the judgment of the referee and coaches.

M. Profanity

- a. Referees and scorekeepers will call any profanity against a team at any time, resulting in a technical foul. In the case of grades K-3 the player may be asked to sit out on the bench and “cool down”.
- b. At any point in the course of the game day, YMCA staff may remove any individual from the game site. YMCA Staff may include but is not limited to, referees, scorekeepers or Supervisors.