

**YMCA OF
MICHIANA, INC**
Youth Basketball League Rules and Regulations
Revised January 2016

These are the YMCA of Michiana, Inc. Youth Basketball Rules. The YMCA reserves the right to revise, amend, or remove any of the following rules at any time if necessary for harmony of the league. There will be no protest on these rules or on games or scrimmages played by the YMCA of Michiana, Inc.

YMCA Philosophy

The philosophy of the YMCA of Michiana, Inc. Youth Basketball Program is to provide an opportunity for every player to learn basic skills of the game, have a wholesome educational experience, and build healthy relationships with coaches and fellow players. Participation is a key part of our program and it is our choice to adopt a philosophy that does not include winning at all costs.

I. COACH RULES

- A. Criminal Background Checks: All head coaches will complete a criminal background check that will be kept on file at the YMCA of Michiana, Inc.
- C. Player Injury Responsibility: Coaches are asked to notify the YMCA Director of Youth Development of any injuries.
- D. Game Involvement: One coach per team may be allowed on the court to help players in the 4-6 age group. Coaches are not allowed on the court in any other age group.

II. GAME RULES

- A. Jump Ball: The 4-6 year old aged games will not begin with a jump ball. Alternating possession of the ball will be used for the duration of these games. All games in other age groups will start with a jump ball. After the jump ball, the alternate possession rule will apply and will be used to determine who starts with the ball at the beginning of each quarter.

B. Game Length: For ages 4-6 years of age, games will consist of four 5 minute quarters. In the 7-9 age group, games will consist of four 7 minute quarters. The game clock will run continuously. It will only stop for timeouts and injuries. For ages 10 – 13, games will consist of four 10 minute quarters. The clock will run continuously, stopping only for free throws, timeouts, or injuries. The clock will stop for each dead ball and after each made basket in the last minute of the game. If however, there is a 15 point lead or more with two minutes remaining in the game, the game clock will run continuously, stopping only for free throws and timeouts.

*Quarter length may be extended if agreed upon by all coaches per age group.

C. Timeouts: Timeouts are permitted to 2 per half and do not carry over from one half to the next. Timeouts may be called by players or coaches, but may only be called while your team has possession of the ball or during a dead ball situation.

*Mercy Ruling for ages 4-9 years. Any score difference of 15 or more will reset the score back to zero.

D. Overtime: In the event of a tie game, if time permits, the game will be extended to include a two minute overtime period for ages 4-9. Ages 10-13 will have a five minute overtime period. No timeouts may be used during overtime.

E. Foul Shots: 4-6 shots can be done by any free throw line. 7-9 aged players may shoot from the back two free throw lines. 10-13 aged players may only shoot from the actual free throw line.

F. Goal Height: Ages 4 – 6 will shoot on 8.5 foot goals. Ages 7 – 9 will shoot on 9.5 foot goals. All other ages will shoot on 10 foot goals.

G. Personal Fouls: There will be no individual foul tracking. However, if there is a player who is being exceptionally rough they may be asked by the official to be removed from the game for a short period of time. Definition of exceptional will be determined by game official.

H. Lane Violations: For ages 4-9 girls, lane violations will not be called for penalty. For all other ages, lane violations will be called after 3 seconds and possession of the ball will change at the sideline.

I. Time Line: For ages 4 – 6 , players will have 15 seconds to cross half court. The traditional 10 second rule will be observed for all other ages.

J. Defense: Man to man defense is mandatory for ages 4-9. Players in these age divisions are not allowed to double team unless the offensive player with the ball steps into the lane. Teams in the older age divisions may play either man to man or zone. Do not use the opportunity to play zone to frustrate a weaker player when your team is ahead by 15 or more points.

IN THE 4 – 6 LEAGUE, PLAYERS MAY ONLY PLAY DEFENSE INSIDE THE THREE POINT ARC. THIS WILL GIVE OFFENSIVE PLAYERS THE CHANCE TO BRING THE BALL ACROSS HALF COURT AND LEARN TO SET UP THE OFFENSE. IF THERE IS A LOOSE BALL OUTSIDE OF THE THREE POINT ARC, DEFENSIVE PLAYERS WILL NOT BE ALLOWED TO CHASE IT UNLESS THE LOOSE BALL IS A RESULT OF A MISSED SHOT.

- K. Fast Breaks: Teams in the 7 - 8 boys, and 7 – 9 girls' leagues will be permitted to fast break. IF however these teams choose to not push the ball up court, defenses will be cleared behind half court so that the ball handler may bring the ball up in the back court without any defensive pressure. In the older age groups teams will be allowed to fast break at any time.
- L. Full Court Press: Ages 5 – 6, 7 – 8 boys, and 7 – 9 girls may not press at any time. All other ages may press as long as they are not leading the game by 15 points or more. Teams that press when leading by 15 points or more will be assessed an indirect technical foul. Pressing will be defined as any type of defensive pressure in the backcourt.
- M. Walking / Double Dribbling: **IN AN EFFORT TO TEACH FUNDAMENTALS TO OUR YOUNGER PLAYERS, WALKING WILL BE CALLED IN THE 5 – 6 YEAR OLD LEAGUE. FOR THE PURPOSES OF THIS AGE GROUP, PLAYERS MUST ATTEMPT TO DRIBBLE TO AVOID BEING CALLED FOR WALKING. THIS CALL WILL BE AT THE REFEREE'S DISCRETION, AS AGREED UPON BY THE 4 – 6 COACHES. POSSESSION OF THE BALL WILL NOT CHANGE AS A RESULT OF THIS CALL. DOUBLE DRIBBLING WILL NOT BE CALLED IN THE 4 – 6 YEAR OLD LEAGUE.** For ages 7 – 8, players will be given 4 steps before walking is called. **In the 7-9 league, walking and double dribbling will be called for instructional purposes only. The ball will not change possession after these calls.** Ages 10-13 will observe standard walking and double dribbling rules.
- N. Technical Fouls: All technical fouls will be either direct or indirect. All direct and indirect technical fouls will result in two shots and the ball for the opposing team. Two direct technical foul assessed to any individual will result in automatic ejection. Indirect technical fouls will not warrant an ejection.

III. SUBSTITUTION RULES

- A. **All players must get equal playing time. This is left up to the coaches to make sure each player is given the appropriate amount of play time.**
- B. **Substitutions can only be made when team has possession of the ball.**

IV. CONDUCT

- A. Team Sportsmanship: There will be a pre-game huddle before the start of each game including the team coaches and all players present who will participate in the game. In the pre-game huddle, players will be checked for jewelry and other potential safety threats. Games will begin any other special instructions for that particular game will be given.

All players and coaches will participate in sportsmanship line at the end of each game. Coaches are responsible for communicating the importance of sportsmanship and participation in this time to his/her players.

- B. Coaches: Coaches may only discuss a call with an official during a timeout and only then for the purpose of rule clarification. All decisions made by the officials and YMCA Site Representatives will be final. Any coach who continually argues with officials and displays bad character and or sportsmanship will be dismissed from their coaching duties.
- C. Verbal Abuse: Verbal abuse directed by **anyone** to **anyone** will not be tolerated. Verbal abuse will result in a technical foul.
- D. Scorekeeper: Each team will be required to have a volunteer scorekeeper to aid the YMCA Site Representative. Teams that fail to do so waive their right to protest foul counts, timeouts, etc.