

**Family YMCA of Fayette County
Youth Basketball Rules**

1st – 2nd Grade League

General Rules:

1. Everybody plays, everybody wins!
2. Team uniform t-shirts should be worn at every game.
3. Each player must play a minimum of two quarters.
4. Players may not wear jewelry/watches, etc. for safety reasons only.
5. Home team on schedule will get the first possession.
6. All players and coaches are required to line up and shake hands at the end of each game.
7. One official per game.
8. If there are game cancellations the YMCA will notify head coach as well as update Facebook.

Game Rules/Regulations:

1. The junior-sized basketball will be used and game will be played short court with 8ft basket height.
2. Game consists of 4-8 minute quarters; continuous running clock but will stop on time outs, dead ball situations, injury and the last minute of each half (2nd & 4th quarters).
3. 3-minute quarter breaks with a 5 minute half break (if both coaches want them).
4. The game clock will stop at the 4-minute mark for substitutions.
5. Each team has 2 time outs per half, 60 seconds in duration. Time outs do not carry over to the next half if they are not used.
6. Jump ball will not occur; home team listed on the schedule will get the ball first and then possession will alternate thereafter.
7. At the beginning of each quarter and at 4-minute substitution, coaches will organize their players and have them line-up in the middle of court and identify the person they are to defend during the game with color coordinating wristband. Man to man defense will be played.
8. No full court press will be allowed; after receiving the ball in the backcourt, the offensive team has ten seconds to advance the ball over the half court line where the defense can defend.
9. No free throws will be shot. If player is fouled, basket missed, same team maintains possession of ball. If player is fouled and basket is made, same team receives 1 more point.
10. Players who commit more than 2 fouls within 4 minutes will have to come out of the game and sit the bench.

11. Score will be kept on the score board and we may need volunteers to help run the remote controller.
12. Officials will call with flexibility: traveling, double dribble, over and back, inbounds (5 seconds), lane violations (3 seconds), backcourt violations (10 seconds) and 5 second violations. As the season progresses travelling and double dribble will gradually tighten up.
13. Overtime will consist of 2 minutes and each team receives 1 time out. Multiple overtimes will be played until a winner is determined.

Sportsmanship:

1. The YMCA Youth Basketball program is dedicated to teaching the fundamentals of the game of basketball to our youth and provides a healthy recreational activity.
2. Our GOAL is to teach basic fundamentals and techniques under good leadership in an atmosphere of wholesome competition and community participation.
3. We want to instill in youth and adults a sense of enthusiasm, fair play and teamwork, while also emphasizing character development of four essential elements: caring, honesty, respect and responsibility.
4. All parents and fans are encouraged to cheer positively for their child's team as well as all the youth/coaches/officials involved.
5. Parents and coaches are a model for children to follow and should maintain these very principals and practices of sportsmanship. Anyone at the gym or on the court who is exhibiting poor sportsmanship may be asked to leave the premises.
6. Players are also responsible for maintaining and displaying good sportsmanship and if a player is not demonstrating good sportsmanship during game play, the player and team may be penalized.
7. The YMCA believes that its sports programs can help people to grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills and have fun.

Spectators:

1. Please remain in the designated seated area (bleachers) during games.
2. Please supervise younger children so they do not crawl under or behind bleachers or loiter/play in hallways, water fountains and/or restrooms in YMCA.

YMCA Pledge

Win or lose, I pledge before God, to do my best, to be a team player, to respect my opponents, teammates and officials, and to improve myself, in spirit, mind and body.