

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

3rd – 5th 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. Coaches must submit team roster to scorer's table 10 minutes before game time. Each player must have a red/white reversible with number assigned to them to identify each player.
6. Home team will wear white. Visitors will wear red.
7. All players and coaches are required to line up and shake hands at the end of each game.
8. Two officials will officiate the game according to NFHS Basketball rules.
9. If there are game cancellations the YMCA will text this information as well as update Facebook & YMCA website www.fayetteymca.com

Game Rules/Regulations:

1. In general, the game will be governed by NFHS Basketball rules.
2. The intermediate-sized basketball will be used and game will be played full court with 10ft basket height.
3. Game length consists of 4-8 minute quarters, clock will stop on dead balls, violations, fouls; 2-minute quarter breaks with an 5 minute half break (if both coaches want them).
4. Team and personal fouls, time outs, score and time will be kept by the official scorekeeper/scorer's table.
5. Free Substitutions on dead balls.
6. 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.
7. A jump ball will be used to start the game and ball possession will alternate thereafter.
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 then begin to defend.
9. Free throw line distance will be 12 feet. A piece of tape will indicate this line. Basketball players should stay behind the free throw line and not cross it until the ball has made contact with the rim.

10. Overtime will consist of 2 minutes and each team will get one time out.
There is no limit on overtime periods. The game will continue to play until we have a winner/non-winner.

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.