



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

*Sports Pledge: "I pledge to play the game the best I can, to be a team player, to respect my opponents and to improve myself in spirit, mind, and body."*

## **YOUTH BASKETBALL LEAGUE Grade 3-8**

### **LEAGUE PHILOSOPHY**

#### **Fun**

We play sports to have fun! The environment created by the coaches and referees is positive, relaxed and enjoyable. Trying hard and having fun is emphasized: Winning is de-emphasized.

#### **Fitness**

Regular cardiovascular exercise is important for a lifetime! Encouraging fitness and good health at an early age helps people develop their spirit, mind and body for a healthy and productive lifetime.

#### **Skills**

Emphasize the fundamentals! The game is modified according to the age of the players to help them achieve success. Coaches spend time developing skills and referees take time during the game to explain the rules.

#### **Teamwork**

Focus on cooperation, not competition! Players have the opportunity to play a variety of positions and are encouraged to help one another with skills development. Team discussions focus on developing good team play.

#### **Fair Play**

Fair play involves respect! Fair play is based on respecting the rules, officials, teammates and opponents. Fair play requires an understanding of the rules by players, coaches, referees and parents. This is achieved through regular communication and feedback.

#### **The YMCA does not condone the following activities and/or events:**

- special practices for a small number of players
- events involving a small number of team players
- children being subject to physical or verbal abuse from coaches, parents, peers, etc.
- coaches wishing to have excessive involvement with your child

#### **Please remember:**

- children are involved in organized sports for their enjoyment, not yours
- children learn best by example
- children should always be encouraged to play by the rules
- children (and officials) should never be yelled at or ridiculed for making a mistake
- children should be taught that an honest effort and hard work are just as important as winning

Respect

Caring

Honesty

Responsibility

This is a non-competitive fun league where children will learn **character values** and the **fundamentals of the sport**.

**Court:** Played on a full court with baskets at 10ft (3<sup>rd</sup>-4<sup>th</sup> Grade optional to play Cross Court)

**Game Ball:** Intermediate (28.5) for Grade 3-4 & Girls Grade 5-8; Official (29.5) for Boys Grade 5-8

**Teams:** 5 vs. 5, each child will play an equal amount of time in keeping with the philosophy of **"everyone plays, everyone wins."**

**Coaches:** No coaches allowed on the court.

**Game Length:** Each game will consist of two 20-minute halves.

**Scoring:** Official score will be kept.

### **Missouri High School rules\* apply considering the following exceptions:**

\*New MSHSAA/NFHS include:

- Rule 9-1-4G: A player occupying a marked lane space may enter the lane on the release of the ball by the free throw shooter.
- Rule 10-6-12: The following acts constitute a foul when committed against a ball handler/dribbler:
  - a. Placing two hands on the player.
  - b. Placing an extended arm bar on the player.
  - c. Placing and keeping a hand on the player.
  - d. Contacting the player more than once with the same hand or alternating hands.

### **Game Time**

- The clock will run continuously with the exception of the last minute of each half. Clock will stop the last minute of each half on all dead balls. When the clock is running continuously, it will be stopped for team time outs, official's time outs, and injuries.
- If one team is ahead by twenty points or more in the *second half*, the clock will not stop on dead balls except for team time outs, official's time outs, and injuries.
- A shot clock will not be used. A team should attempt to score in at least 30 seconds. It will be under the official's discretion to warn teams that are stalling. Continued stalling will result in an administrative technical foul.
- If the score is tied at the end of regulation, a 2-minute overtime period will be played. The clock will run continuously with the exception of the last minute of play. Each team is allowed 1 timeout during overtime. Despite the score the game will end after 1 overtime period.

### **Half-Time**

- Consists of three minutes.

### **Time Outs**

- Two 45-second time outs per game (If up by 20 points in the second half, winning team cannot use timeouts unless there is an injury or to substitute).

### **3 Point Shots**

- All three-point shots count as three points.

### **Defense**

- For 3<sup>rd</sup>-6<sup>th</sup> Grade, defense can pick up the offense at half court. For 7<sup>th</sup>-8<sup>th</sup> Grade, defense can play full court. For 3<sup>rd</sup>-6<sup>th</sup> Grade, if one team is ahead by twenty points or more, the defense must fall back to within the three point arc. For 7<sup>th</sup>-8<sup>th</sup> Grade, if one team is ahead by twenty points or more, the defense must fall back to half court. Teams failing to do this will receive a warning for stalling. Thereafter, teams will receive an administrative technical foul.
- Teams can play "man to man" or zone. A 2-3 or 1-2-2 zone is recommended if a team is winning by twenty points or more.

### **Full Court Press**

- Full court press will only be allowed to be played in the 7th-8th Grade league.

### **Foul Shots**

- 3<sup>rd</sup>-4<sup>th</sup> Grade shoot from 10ft., 5<sup>th</sup>-8<sup>th</sup> Grade from the regulation foul shot line. The ball is played on the release, except for the shooter.

### **Lane Violations**

- For 3<sup>rd</sup>-8<sup>th</sup> Grade, three seconds will be called only for excessive lane usage while the ball is in the frontcourt. This is at the official's discretion and a teaching moment will occur.
- Three seconds resets with every shot.
- Allowance shall be made for a player who, having been in the restricted area for less and three seconds, dribbles in or moves immediately to try for a goal.

### **Closely Guarded**

- For 3<sup>rd</sup>-4<sup>th</sup> Grade, closely guarded situations will not be called.
- For 5<sup>th</sup>-8<sup>th</sup> Grade, in the frontcourt, a player holding the ball for five seconds or dribbling the ball for five seconds in a closely guarded situation will result in a turnover.

### **Foul Outs**

- Each player is allowed 5 fouls per game. Once they have received their fifth foul, they will be done for the game. Coaches will be told when their players have received their fourth foul.

### **Respect Rule**

- If a team is winning by 20 points at the end of the first half, the score will be cleared. The winning team then must play the second half of the game as if they were winning by 20 points (See Defense). If a team is winning by 20 points at any point in the game, then the difference on the scoreboard will remain at a 20-point difference.

### **Technical Fouls:**

- **Player** – Upon receiving a 2<sup>nd</sup> technical foul, the player will sit out the remainder of the game.
- **Coach** – A 2<sup>nd</sup> technical foul in a game results in an ejection from the game. Any combination of two technical fouls results in a meeting with the Program Director/Coordinator to discuss his/her behavior.
- **Player/Coach** – Receiving 3 technical fouls, based on inappropriate conduct in the season will be removed from league.
- **Fans** – Can receive technical fouls and will be ejected from the gym.
- All technical fouls will result in 2 points and the ball for the opposing team. No free throws will be shot.

### **Uniforms**

- YMCA jerseys, shorts, sweats, and gym shoes are the recommended uniform for all participants. Hoop earrings are not allowed. Stud earrings can be worn. Jewelry such as wristbands, earrings, and necklaces are not prohibited but are strongly suggested for players not to wear.

### **Coach's Rule:**

1. One (1) Head Coach and one (1) assistant coach will be allowed on the bench during games. One coach may stand.
2. Coaches must remain on or in front of their bench.
3. The Head Coach is the only coach allowed to address the officials before, during, or after the game. The assistant coach may confer with players and table personnel but only during dead ball situations.
4. Under no circumstances shall any coach confer with a player or coach from an opposing team in a negative manner. If such action is witnessed by YMCA staff, that coach will be asked to leave the game and will be under review with the Program Director/Coordinator.
5. Coaches are role models for our athletes, therefore you will be held to the highest YMCA standards of good character and positive behaviors.

<b>VIOLATION</b>	<b>DEFINITION</b>
<b>Double Dribble:</b>	Dribbling the ball with 2 hands simultaneously or re-starting their dribble after they have already stopped.
<b>Over and Back:</b>	Once all 3 points (the ball and each foot) has been established over the mid-court line, neither of the 3 points can return to the backcourt or touch the mid-court division line.
<b>Traveling:</b>	More than 2 steps with the ball without dribbling. This includes changing pivot foot, moving pivot foot and 3 step lay-ups.
<b>5 Seconds Inbounding:</b>	Players have 5 seconds to inbound the ball.
<b>Seconds in the Lane:</b>	Offensive players should not remain in their restricted foul lane or key area for more than 3-5 seconds depending on age (referees will monitor & work to remind players of this rule).
<b>Backcourt:</b>	Players have 10 seconds to bring the ball to the mid-court line.
<b>Carrying:</b>	When a player, while attempting to dribble, rotates the ball with the palm of their hand & the ball remains in contact w/ their hand for a prolonged duration (palming the ball).
<b>Kick Ball:</b>	When the player intentionally kicks the ball or when the ball unintentionally hits the player below the waist and his or her team gains advantage from it.
<b>Out of Bounds:</b>	When the ball or a player in contact with the ball touches or crosses any part of the sideline or endline; when the ball or a player in contact with the ball touches the floor or any object above or outside a sideline or endline; when the ball or a player in contact with the ball touches the top of the backboard and/or the supports or the backside of the backboards (NOTE: the sides and bottom of the backboard are not considered out of bounds).

### **Player Contact and Fouls**

Basketball is a contact sport, with players often in close proximity and in constant motion. The rules of the game discourage rough play or tactics that allow a team to gain an advantage through brute force. Fouls are called when officials see illegal physical contact between two or more players based on these general principles:

- The first player to establish position (to become stationary or set) on the court has priority rights to that position.
- A body part cannot be extended into the path of an opponent.
- The player who moves into the path of an opponent, especially an airborne opponent, when contact occurs is responsible for the contact.
- All players have the right to the space extending straight up from their feet on the floor. This right is called the *principle of verticality*.

## **Types of Fouls**

Based on the general principles concerning player contact, these specific fouls are called in a regulation game:

- *Blocking* is physically impeding the progress of another player who is still moving.
- *Charging* is running into or pushing a defender who is stationary.
- *Holding* is restricting the movement of an opponent.
- *Over-the-back* is infringing on the vertical plane of, and making contact with, a player who is in position and attempting to rebound.
- *Reaching in* is extending an arm and making contact with a ball handler in an attempt to steal the ball.
- *Tripping* is extending a leg or foot and causing an opponent to lose balance or fall.

## **Non-Contact Fouls**

Swearing, trash talking, intimidation, swinging elbows, taunting, fighting, spitting or talking back to the referee will not be tolerated. These actions are unsportsmanlike and violate the nature of the league. Any player exhibiting these or any other unsportsmanlike actions will be removed from the game. The exact length of time will be determined by the referees and sport managers.

Team coaches are responsible for the conduct of themselves, their fans, and their players. The YMCA strives to create a positive learning experience for all participants. Coaches should always encourage and never discourage. They should be positive and stay away from negative comments and/or remarks.

Players, parents and/or coaches that display unsportsmanlike behavior may be asked to leave the gym and further action may be taken.

## **Alcoholic Beverages/Illegal Substances/Property Damage/Fire Arms**

The use of alcoholic beverages and/or illegal substances on school property is prohibited. Anyone caught using them will be subject to arrest. Any player, staff member, or spectator caught using illegal substances or consuming alcoholic beverages will be suspended from the league. A team may be censored if their supporters/fans are caught indulging. Any team, team member, staff member, or spectator connected with a team in any way, found guilty of defacing or damaging property at any time may be banned permanently from all YMCA sponsored programs and be turned into the proper authorities.

*NOTE: If any player, spectator, or staff member is found to be associated with any type of violation of the law (examples include but are not limited to public intoxication, possession of drugs), the YMCA has full authority to suspend, eject, or ban that individual, if necessary.*

## **Questions & Comments**

The YMCA Staff reserves the right to make effective immediately any and all changes for the safety of participants and in the best interests of the program. However, he/she shall inform the team coaches, staff, and all players of any changes before their next contest. Any matter not covered by these rules shall be left to the discretion of the YMCA Program Director.

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