



## YMCA YOUTH BASKETBALL RULES

### **I. PLAYING TIME**

- a. All players must receive equal playing time regardless of previous experience or skill level.
- b. Playing time may not be limited by a player's inability to attend practice.

### **II. YMCA SPORTS PLEDGE**

- a. All players and parents will recite the YMCA sports pledge before every game:
  - i. Win or lose I pledge before God to play the game as well as I know how, to respect the rules and official, to be a good sport at all times, and to improve myself in spirit, mind and body.

### **III. EQUIPMENT**

- a. All players must wear close-toed, court safe tennis shoes
- b. All players must wear a YMCA basketball jersey that is white/black reversible with a number

### **IV. TEAM SIZE AND COACHES**

- a. 3 & 4 year old league plays with 4 players per team on the court.
  - i. Teams may begin a game with a minimum of 3 players.
  - ii. One coach may be on the court during game play to assist the kids
- b. All other age groups play with 5 players per team on the court.
  - i. Teams may begin a game with a minimum of 4 players.
  - ii. All coaches remain on the sideline during game play (see rules on SPECTATORS)

### **V. THE BALL**

- a. 3 & 4 year old league plays with a youth sized basketball
- b. 5 & 6 year old league plays with a 27.5" junior sized basketball
- c. 7 & 8 and 9 & 10 year old leagues play with a 28.5" basketball
- d. 11 & 12 girl's leagues play with a 28.5" basketball
- e. 11 & 12 boy's leagues play with a 29.5" basketball

### **VI. BASKET HEIGHT**

- a. 3 & 4 and 5 & 6 year old leagues play on an 8' goal
- b. 7 & 8 year old leagues play on an 8.5' goal
- c. 9 & 10, 11 & 12 leagues play on a 10' goal

### **VII. FOUL LINE**

- a. 3 & 4 year old league shoot free throws from an 8' foul line
- b. 5 & 6 and 7 & 8 year old leagues shoot free throws from a 10' foul line
- c. 9 & 10, 11 & 12 leagues shoot free throws from a 15' foul line



### **VIII. SUBSTITUTIONS**

- a. Teams may substitute at any dead ball situation.
- b. All players must play a minimum of one half. No individual player may play the entire game.

### **IX. DURATION OF GAME**

- a. 3 & 4 year old league games will consist of four equal quarters of 5 minutes each
- b. 5 & 6 year old league games will consist of four equal quarters of 6 minutes each
- c. 7 & 8 and 9 & 10 year old league games will consist of four equal quarters of 7 minutes each
- d. 11 & 12 league games will consist of four equal quarters of 8 minutes each
- e. The games in each age group will have a 3 minute half-time break

### **X. OFFICIAL GAME CLOCK**

- a. 3 & 4, 5 & 6 and 7 & 8 year old leagues will have a game clock that runs continuously and is only stopped for timeouts and injuries
- b. 9 & 10, 11 & 12 leagues will have a game clock that runs continuously until the last minute of the 4<sup>th</sup> quarter. The clock will then stop for all dead ball situations.

### **XI. SCORING AND STANDINGS**

- a. 3 & 4 and 5 & 6 year old leagues will not keep score and will not keep league standings
- b. 7 & 8, 9 & 10, 11 & 12 leagues will keep score and league standings
  - i. Each team must provide a scoreboard operator or a scoresheet keeper.
  - ii. No more than a 15-point lead will be shown on the scoreboard. The actual score will be kept on the scoresheet.
  - iii. No overtime period will be played during regular season games (see rules on TOURNAMENTS)

### **XII. START OF PLAY**

- a. 3 & 4 and 5 & 6 year old league games will begin with the team wearing the black jersey inbound the ball from under their opponents basket
  - i. The alternating possession arrow will then begin with the next jump ball awarded to the team in the white jersey
- b. 7 & 8, 9 & 10, 11 & 12 games will begin with a tip off at center court
  - i. The alternating possession arrow will then begin with the next jump ball awarded to the team that did not win possession of the tip off

### **XIII. POSSESSION**

- a. An alternating possession arrow will be kept by the officials to mandate which team receives possession of the basketball in a jump ball situation
- b. The first possession arrow is dictated by which team receives the ball at the start of the game as listed under START OF PLAY
- c. The possession arrow will dictate which team receives the ball after completion of a quarter, start of the second half, or a jump ball is called by the officials.

### **XIV. TIME OUTS**

- a. For every age league, each team will be allowed 2 timeouts per half in each game.
- b. Time outs will each last 30 seconds and cannot be carried over from the first half to

- the second.
- c. Timeouts may be called by any player or coach for the team in possession of the basketball.

## **XV. DEFENSE**

- a. 3 & 4 and 5 & 6 year old leagues will only play man-to-man defense
  - i. Colored wrist bands will be worn by players on the court to assist with matching players
- b. 7 & 8 year old leagues will only play man-to-man defense
- c. 9 & 10 year old leagues may play man-to-man or zone defense
  - i. Defenses must be set up inside the half court line, except when pressing is allowed (see rules on the PRESS)
- d. 11 & 12 may play man-to-man or zone defense
  - i. Defenses may be set up as a full court press, except when pressing is not allowed (see rules on the PRESS)

## **XVI. STEALS**

- a. 3 & 4 and 5 & 6 year old leagues will not allow defensive players to take the ball from an offensive player who is holding or attempting to dribble the ball
  - i. If the ball is taken away while a player is holding or attempting to dribble the ball, the official will return possession of the ball to the offensive player and play will resume
  - ii. Defensive players will be required to move their feet and use their body to stay between the offensive player and the basket
  - iii. Defensive players may collect a ball that is dribbled off the foot or rolls away
  - iv. Defensive players may intercept a pass
- b. 7 & 8, 9 & 10, 11 & 12 leagues will allow defensive players to attempt to steal the ball
  - i. Defensive players are encouraged to move their feet and use their body to stay between the offensive player and the basket
  - ii. When an official rules a jump ball, the possession arrow will determine which team gains possession (see POSSESSION rule above)
  - iii. When an official rules a reach in foul, the player in question will be penalized with the foul and the team will be penalized with a team foul (see FOULS AND PENALTIES rule below)

## **XVII. PRESS**

- a. 3 & 4, 5 & 6 and 7 & 8 year old leagues will not allow full court press at any time
  - i. Players on defense must retreat behind the half court line and allow the player with the ball to cross the line unimpeded
  - ii. At the discretion of the officials, a team may be asked to set up their defense within the 3-point line
- b. 9 & 10 year old leagues may full court press only during the last 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters except:
  - i. When a team is ahead by 15 or more points, they cannot full court press and must retreat behind the half court line and allow the player with the ball to cross the line unimpeded.
- c. 11 & 12 may full court press at any time during the game except:
  - i. When a team is ahead by 15 or more point, they cannot full court press and must retreat behind the half court line and allow the player with the ball to cross the line unimpeded.



### **XVIII. FOULS AND PENALTIES**

- a. 3 & 4 and 5 & 6 year old leagues will not have players foul out
  - i. Officials will call fouls as they happen, and will stop play to explain to players the foul that was called
  - ii. At the discretion of the officials, a player can be asked to sit out for a specified period of time due to unsafe play or continued infractions
- b. 7 & 8, 9 & 10, 11 & 12 year old leagues will all have fouls and penalties called as outlined in the OSSAA basketball rule book
  - i. Penalties called will include but are not limited to traveling, double dribbling, pushing, tripping, grabbing, reaches in on the ball and fouls on the shot.
  - ii. When a team receives their 7<sup>th</sup> collective foul in a half, the opposing team will enter the "bonus" and receive a free throw. If that free throw is missed, the basketball will be live. If that free throw is made, a second free throw is awarded. If the second free throw is missed, the basketball will be live. If it is made, the ball will switch possession under the goal.
  - iii. When a team receives their 10<sup>th</sup> collective foul in a half, the opposing team will enter the "double bonus" and receive two free throws. If the second free throw is missed, the basketball will be live. If it is made, the ball will switch possession under the goal.
  - iv. A foul on the shot will result in free throws awarded to the player who was fouled. If the player was shooting inside the 3 point line, then 2 free throws will be awarded. If the player was shooting outside the 3 point line, then 3 free throws will be awarded.
  - v. Any player who receives their 5<sup>th</sup> foul will sit out the remainder of the game
- c. A technical or flagrant foul on a player, coach or spectator may be called at the discretion of the sports official
  - i. This foul will result in two free throw awarded to the opposing team, and then possession of the ball given to the opposing team.
  - ii. This awarding of the ball also will result in the possession arrow being reset to give the next awarded possession to the other team not receiving the ball after the foul.
- d. If a second technical foul is charged to a player, coach or spectator in the course of the game, that person will be ejected from the game and will be suspended from their next scheduled game.

### **XIX. SPECTATORS**

- a. Spectators are not permitted on the court during games. In the event you are needed on the court, such as a player injury, the officials will signal for you to come onto the court.
- b. At any time a spectator or coach is found violating the parents code of conduct, that spectator may be removed from the premises and have their attendance privileges revoked.

### **XX. MISCELLANEOUS**

- a. The rules listed above will be the official playing rules for all YMCA of Greater Tulsa youth basketball
- b. Games cannot be protested due to any circumstances. The ruling of the officials is final.
- c. Games cannot be rescheduled due to a team's conflict with the posted schedule.