



RULES & REGULATIONS

FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

P.L.A.Y. Basketball League 2024 Participate & Learn at the YMCA Grades K-6; Boys & Girls

The purpose of the YMCA PLAY League is to learn the game of basketball, to develop basic fundamental skills, the importance of teamwork and learn about healthy competition. The YMCA provides a safe environment for the kids to participate and compete without judgment, to understand winning and losing and to develop strong character values that they will use for the rest of their lives. The YMCA's Four Character Values are: Caring, Honesty, Respect and Responsibility, by reinforcing good character values, the YMCA is shaping, instilling and reinforcing Christian values that schools, churches, corporations and communities can build on.

CARING: to demonstrate a sincere concern for others, for their needs and well-being. Related values: compassion, forgiveness, generosity, and kindness.

HONESTY: to tell the truth, to demonstrate reliability and trustworthiness through actions that are in keeping with my stated positions and beliefs. Related values: integrity and fairness.

RESPECT: to treat others as I would want them to treat me, to value the worth of every person, including myself. Related values: acceptance, empathy, self-respect and tolerance.

RESPONSIBILITY: to do what is right--what I ought to do, to be accountable for my choices of behavior and actions and my promises. Related values: commitment, courage, good health, service and citizenship.

LEAGUE EXPECTATIONS

- Co-Ed Teams should be co-ed. A healthy mix of boys and girls is preferred (*we understand this may not happen*).
- Coaches – **Only fully cleared YMCA Volunteers are able to sit on the bench.** That means we have your completed *YMCA volunteer application, criminal record & child abuse clearance and FBI if you have not lived in PA for the last 10 consecutive years.*
- Coaches – **please keep the focus on coaching your own kids.** We ask that you do not point out to the officials everything that the kids on the other teams are doing – but focus on each teaching moment for your players.
- **Please keep the focus positive.** The players in this league are young and for many of them this will be their first experience with the game of basketball – we would not want the experience to be so negative that it kills their passion/interest before they even have a chance for it to develop.

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- **Prior to the start of the game – teams will gather around center court. The designated HOME team coach will lead the teams through the Lord's Prayer.** (If the designated home team coach is uncomfortable with this process then the guest team coach or the official will be asked to lead – participation is voluntary.)
- All teams will receive a 5-minute warm-up time (unless games are behind and we need to shorten to stay on schedule). For 8:00am games; warm-up time will begin at 7:55am prompt. Games will be started at scheduled start time, which will be necessary to keep games on schedule and to be respectful of all players, parents, families, officials and volunteers time. – There will be a 10-minute grace period for games to begin. If the team does not have enough players to start the game (4 for Grades 1-6 and 2 for kindergarten) the game will be forfeited.
- After each game players and coaches are expected to line up and shake hands to show respect for the other players and coaches.
- Coaches – please work with your players to instill respectful habits on the court:

- Players should not back to the referees or make disrespectful gestures to anyone. **There is a difference between celebrating and being disrespectful.*
- Coaches – if players are being disrespectful please remove them from the game and use this as a teaching moment before putting them back into play.

🏀 **KINDERGARTEN** – Games will be played on an 8' hoop with an intermediate basketball (27.5)

🏀 **Grades 1-2** – Games will be played on an 8.5" hoop with an intermediate basketball (27.5)

🏀 **Grades 3-4 Girls**– Games will be played on a 10' hoop with an intermediate basketball (27.5)

🏀 **Grades 3-4 Boys and Grades 5-6 Girls** – Games will be played on a 10' Hoop with a women's ball (28.5")

🏀 **Grade 5-6 Boys** – Games will be played on a 10' hoop with a men's basketball (29.5).

🏀 **GAME LENGTH**

🕒 **KINDERGARTEN DIVISION** – 3on3 Full Court. Coaches will officiate own games. (*Please bring your own whistle.*)

- Games will be played with **two 12:00 minute halves with a running clock.** The **clock will NOT stop the last 2:00 of the game.**

🕒 **GRADES 1-6 (All Divisions)** – 5v5 Full Court. Official(s) will officiate games.

- Games will be played with **two 16:00 minute halves with a running clock,** as well as a 3-minute half-time. The **clock will stop only the last 2:00 of the game,** and for the following reasons:
- Injuries, Time-Outs
- Officials & PLAY designated staff and volunteers may stop play for injuries and/or to control behaviors of teams, coaches and spectators at any time if needed. Play will resume upon resolution of situation.

🏀 **COURTESY RULE** – in the event that a team is up by 20+ points the clock will NOT stop during the last 2:00 minutes of the game.

🏀 **WIN/LOSS MARGIN:** To encourage teams to not 'drive up the point spread' a team will not be able to record a win or loss margin of more than 20 points. This will hopefully encourage teams to play all kids when winning by 20+ points, and not encourage coaches to run up the score in order to secure a playoff spot.

🏀 **Substitutions:** Scorekeepers will prompt coaches at 12 minutes, 8 minutes and 4 minutes of each half to substitute players (if they choose to substitute this way). The clock will stop for substitutions– coaches are expected to substitute quickly to keep the game moving. (*Reminder – this is not a time out for coaching points). Other than substitutions at these times– players will be asked to check-in at the score table and enter the game when called by the official.

🏀 Regular scoring will be in effect, both feet must be behind the 3 point line prior to the release of the shot for the basket to count for 3 points. Freethrows will be counted as 1 point. (*Exception – Kindergarten is only 2 pointers).

🏀 **Each team will receive 2- 30 second time outs per half;** (they will not carry over from half to half) four total per game, and one (30-sec) time-out per team will be awarded in case of overtime. Regulation time-outs do not carry over to overtime. Time-out time will be kept by the score table.

🕒 **Injury Timeouts** – IN the case of an injury – no team will be charged with a time-out – clock will stop until the injured player is safely moved to the bench. In the case that the clock is stopped for the injury the injured player must report out and may sub in at the next dead ball possession. (Unless the team only has 5 players than an exception **will** be made to keep the teams at equal number of participants on the floor at all times).

🕒 **Time outs** may only be called by the team with possession of the ball or during a dead ball situation.

🏀 **Back Court:** Teams will **have ten seconds to cross the half court line.** Once the ball has been established across the half court line (both feet and the ball), it is a violation to cross back over into the back court.

Half-Court Defense:

- ⚪ Defense may pick up their players at the half court line – once the offensive player has established two feet and the ball over the half court line
- ⚪ In the event that a team does not get back, (i.e. – the players go after the ball in the back court) and a foul occurs – that foul will count towards the team.

DEFENSE

- ⚪ **K – 4 DIVISIONS:** Only half court Man to man defense is allowed. Players are also not allowed to follow the ball around from player to player, they must stay with their player, but are able to play “help” defense.

- ⚪ The **No Press Rule** will be instituted:

- ⚪ Players may pick up their defensive assignments at the half court line;
- ⚪ No defense will be allowed in the back court.
- ⚪ No trapping or double teaming.

- ⚪ **Grade 5-6 Divisions- Regular Basketball Rules Apply.**

- ⚪ **Exception** – Full Court Pressing only allowed the last 2:00min of each half.

- ⚪ **Traveling:**

- ⚪ **Kindergarten** – Traveling will be called at coaches’ discretion – please note many of these kids are just learning the game of basketball – and this league is to help them develop and have a positive experience.
- ⚪ **GRADE 1 – 2:** Traveling will be called at the ref’s discretion and/or when the player has an advantage:
 - EX: Player picks up the ball and runs to the hoop; or the player dribbles, stops, pump fakes to get the defense off their feet, and then dribbles again to get to the hoop.
- ⚪ **GRADE 3 – 4:** Traveling will be enforced as regular high school rules, with some flexibility as this may be the player’s first experience with basketball. Early on the official will explain to kids in Grades 1-4.
- ⚪ **Travelling/Double Dribble calls for Grade 1-2 & Grade 3-4** will be more flexible at the beginning of the league and get a bit stricter as we progress through the league.

- ⚪ **Double Dribble violations** will be called same as traveling rules.

- ⚪ **STEALING OFF THE DRIBBLE/TYING UP THE BALL:**

- ⚪ **K & Grade 1-2;** Stealing off the dribble is NOT allowed.
- ⚪ **Kindergarten & GRADE 1 – 2:** After the offensive player picks up the dribble defense **MAY NOT** try to steal or tie up the ball. In the case that the defense reaches in to tie up the ball or attempts to steal the ball, the official will step in, coach the kids on the rule, and then offense will be awarded the ball back and play will resume.
- ⚪ **Grade 3-4 Girls;** Stealing off the dribble or tying up the ball is NOT allowed during the first 4 weeks of play – and will be allowed starting week 5. (Feb 25).
- ⚪ **Grade 3-4 Girls:** After the offensive player picks up the dribble defense **MAY NOT** try to steal or tie up the ball (during the first 4 weeks of play). In the case that the defense reaches in to tie up the ball or attempts to steal the ball, the official will step in, coach the kids on the rule, and then offense will be awarded the ball back and play will resume. STARTING week 5 – when players are allowed to steal off the dribble players may also tie up the ball.
- ⚪ **Grade 3-4 Boys;** Stealing off the dribble is NOT allowed during the first 2 weeks of play – and will be allowed starting week 3.
- ⚪ **GRADE 3 – 4 Boys:** After the offensive player picks up the dribble defense may try to steal or tie up the ball.

- ⚪ **BLOCKING**

- ⦿ Shot blocking is allowed in all divisions.

🏀 **STEALING PASSES**

- ⦿ Stealing passes is allowed in all divisions. Exception: when taking the ball out of bound on the sideline and the offensive player is inbounding the ball into the back court. (However, the defense may stand at the half court – so the player needs to make the pass around or over the defensive player).

- 🏀 **The officials will call 5 second calls in all division (exception Kindergarten).** (this is to award good solid defensive efforts especially in close games where teams are trying to gain possession of the ball).

- ⦿ **Five Seconds:** If a player is closely guarded (within arms reach) in the front court and holds the ball for more than five seconds, or dribbles the ball for more than five seconds then a violation will be called.
Penalty: Turnover.

FREETHROWS/FOULS

🏀 **Players CAN FOUL OUT.**

- ⦿ Once players have committed 5 personal fouls they will no longer be able to participate in the game.

- 🏀 Players will be allowed two free throws when fouled in the act of shooting. If the basket is made, then it counts and the player is allowed one free throw.

- 🏀 Any player who is unable to reach the hoop with their first foul shot may take a step forward to attempt the second freethrow. (official to monitor)

- 🏀 **Clock will NOT stop on shooting fouls (exception: last 2:00 minutes of the game, and will not stop in K Division).** Players will line up at the free throw line according to PIAA rules.

- 🏀 A player will receive the one and one bonus after the offending team has accumulated 7 fouls each half. This rule applies to all fouls except shooting, offensive, technical, intentional or flagrant. On the tenth foul and thereafter the opposing team will shoot two free throws for all fouls except offensive fouls.

- 🏀 Players wishing to occupy the marked lane spaces must do so quickly, and must alternate lane spaces if the opponents wish to occupy the space nearest them. ***These players may enter the lane as soon as the ball is released.***

- 🏀 Any player other than the free thrower, who does not occupy a marked lane space, must be behind the free throw line extended and behind the three-point line. ***These players may not enter this area until the ball has been released.***

🏀 **Freethrow Violations:**

- ⦿ **Kindergarten** – players can take a step in and violations will not be called.
- ⦿ **Grade 1-2** – if player is unable to get the ball to the hoop on the first shot – they can step in for the second attempt. Violations will be called at the official's discretion.
- ⦿ **Grade 3-4** – Violations will be called.

OVERTIME RULES

- ⦿ 3:00 Minutes will go onto the clock. Clock will only stop the last minute of overtime. Possession will be determined by a jump ball. Each team will receive 1- 30 second time out for overtime. (Time outs do not carry over from regulation). Kindergarten division – clock will not stop (same as regulation). In the event of a tie another 2:00 minutes will go onto the clock, clock will stop last minute. If after that point there is still a tie – then 1:00 will go on the clock until a winner is determined. (Each team will receive 1-30second time out per each OT period)

Scoreboard will always be running; score will always be kept; as we stated we are about developing skills **AND** character. **Part of developing character is learning how to win and how to lose.**