



CHEROKEE COUNTY FAMILY YMCA

YOUTH BASKETBALL RULES

Division: Youth (10-12)

Welcome to the Cherokee County Family YMCA Youth Basketball League! Our program is designed to provide a fun, safe, and beginner-friendly environment where players of all skill levels can learn and enjoy the game of basketball. We focus on teaching fundamentals, teamwork, sportsmanship, and respect—on and off the court.

The following rules and guidelines help ensure that every player, coach, and spectator contributes to a positive experience that reflects the core values of the YMCA: Caring, Honesty, Respect, and Responsibility.

Equipment & Game Setup

Ball Size: 29.5

Basket Height: 10 feet

Game Length: Four 8-minute periods with a running clock. Halftime will be 3 minutes. Clock will stop on all free throws, all timeouts, and the last 2 minutes of the fourth quarter on any dead ball.

Timeouts: Two 60-second timeouts per half. Timeouts do not carry over.

Start of Game Possession: Jump Ball. Alternating possessions will take effect thereafter for quarter thereafter.

Team Bench: The team bench is designated for players and coaches only.

Pregame and Postgame Sportsmanship

Pregame: Before each game, all players and coaches meet at mid-court for prayer, led by the home team coach. All participants should remain respectful during this time.

Postgame: After each game, all players and coaches line up and shake hands to show good sportsmanship.

Playing Time & Substitutions

Every player shall play a minimum of 50% of the game.

No player shall play more than 75% of total time unless all others have also played at least 75%.

Either team may substitute at any dead ball during the game by checking-in at the table.

Players must wait for the official's signal before entering.

Scoring

Score will be kept.

Defense:

Any defense can be played at any time of the game from mid court. Any team not leading by 10 points or more may press full court in the last 2 minutes of each quarter. Any team leading by 20 points or more must play defense within the 3-point arc.

Offense:

Each player should be given the chance to dribble the ball up the court during the game.

Coaches should encourage players to avoid double dribbling and traveling.

Fouls

Individual and team fouls will be recorded. Technical fouls count as personal fouls to a player. The double bonus will occur after the 5th team foul of each quarter.

Technical Fouls

Players: If a player receives a technical foul they must sit the remainder of the quarter. Accumulating two technical fouls in a single game results in automatic ejection, with a substitute permitted to enter. Any Flagrant II foul is subject to the discretion of the officials, who will determine the severity and apply penalties as appropriate.

Coaches: If a coach receives a technical foul, they must remain seated for the rest of the game. Accumulating two technical fouls in a single game will result in the coach's automatic ejection from the game.

Timing Violations

Backcourt Violation: A team in possession of the ball in its backcourt must advance the ball across the half-court line within 10 seconds. Failure to do so shall result in a turnover, and the opposing team will be awarded possession at the spot nearest where the violation occurred.

Inbounds Violation: A player inbounding the ball must release the pass to a teammate within 5 seconds after the ball is at their disposal. Failure to do so results in a loss of possession, and the opposing team will be awarded the ball at the designated spot out of bounds.

Lane Violation: During a free throw attempt, players occupying lane spaces may not enter the lane until the ball is released by the shooter. The shooter has 5 seconds to release the free throw after receiving the ball. Violation of this rule shall result in the appropriate penalty enforcement (nullified free throw or additional attempt, as applicable).

Overtime Procedures

Regular Season: During the regular season, a two-minute overtime period shall be played if the score is tied at the end of regulation. If the score remains tied at the conclusion of the overtime period, the game will proceed to sudden victory, where the first team to score is declared the winner.

End-of-Season Tournament: During the end-of-season tournament, a two-minute overtime period shall be played if the score is tied at the end of regulation. If the score remains tied after the first overtime, a second two-minute overtime shall be played. If the score is still tied at the end of the second overtime, the game will proceed to sudden victory, and the first team to score will be declared the winner.

Possession and Timeouts: Each overtime period shall begin with a jump ball, after which alternating possession rules shall apply. Unused timeouts from the second half do not carry over into overtime. Each team shall be granted one (1) sixty-second timeout during each overtime period.

Coaches

Coaches are responsible for the behavior of their team and parents.

Spectator Conduct and Removal Policy

Purpose: The Cherokee County Family YMCA is committed to providing a safe, respectful, and family-friendly environment for all participants, officials, and spectators. To ensure this standard, all individuals in attendance are expected to conduct themselves in accordance with YMCA guidelines and community values.

Prohibited Conduct: The following behaviors are strictly prohibited at all YMCA events and facilities:

Abusive or disrespectful language or gestures toward officials, coaches, players, or other spectators.

The use of profanity or obscene gestures.

Consumption or possession of alcohol, tobacco, or illegal substances on YMCA property.

Any form of harassment, intimidation, or physical aggression.

Enforcement: Any spectator found in violation of these guidelines will be immediately removed from the premises by game officials or YMCA staff. If a spectator refuses to leave when instructed, the team associated with that spectator will automatically forfeit the game in progress. Continued or repeated violations may result in further disciplinary action, including suspension from future events or permanent removal from YMCA programs.

Authority: YMCA staff and game officials have full authority to interpret and enforce this policy as necessary to maintain safety, order, and respect within all programs.