



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BASKETBALL RULES

Youth Sports



**YMCA OF GREATER SAN ANTONIO**

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

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# BASKETBALL RULES

## TEAM DUTIES

1. Each team will provide one (1) scorekeeper.
2. Both teams are responsible for cleaning up their bench immediately after the game.
3. During the game, there shall be a limit of two (2) coaches on the sideline. Only one coach may be permitted to stand at one time if seating is available.
  - a. In the 3-6-year-old division, one (1) coach per team is allowed on the court for instructional purposes. The coach may not interfere with the play.
4. All spectators must be seated on the sideline opposite of their team and cannot stand or sit on the baseline. Only cleared coaches and registered participants are allowed on the bench.

## SPORTSMANSHIP

1. The YMCA does not keep official game scores or records. However, the score is documented during the game to promote a learning environment.
2. Unsportsmanlike conduct of the players or coaches is not tolerated. If the behavior persists, the individual will be asked to leave the facility.
3. **Any player, coach, or spectator ejected will be suspended for at least one (1) game and will be placed on one (1) year probation. If ejected again during the probation period, the individual will be removed from the program.** All violations are documented and shared with the Youth Sports Director and Executive Sports Director. The YMCA will notify the offender within 48 hours.
4. If the atmosphere of the game feels unsafe or the YMCAs Values are not being adhered to, the referee or YMCA staff member can end the game.
5. If a team has less than the number of required players, the opposing team will be asked to share players in order to provide competition. We make every effort to play each scheduled game.

## YMCA YOUTH SPORTS KEY PHILOSOPHIES

1. Everyone must play at least half the game.
2. Coaches are volunteers. They are not paid.
3. Our focus is on fun and skill development.
4. Sportsmanship above all.
5. We promote a family atmosphere.

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## PLAYER SAFETY

1. To protect the safety of all players in the program, any participant wearing a cast will prohibit them from participating in YMCA games or practices. Exceptions can be made with approval from the Sports Director and documented approval from a physician.
2. Soft casts will be permitted if approved by officials.
3. All types of jewelry (earrings, bracelets, necklaces, etc.) must be removed before the game.
4. Adaptive aids are approved on a case by case basis.

## AGE DIVISIONS

Certain Leagues and ages may vary upon YMCA s well as the size of the program.

Leagues can be combined with other YMCA Branches

Age Division	Rim	Free Throw Line	Game Length	Half Time	Ball Size		Officials Per Court
					Boys/Co-ed	Girls	
3 - 4 yrs	6ft	N/A	4 x 6 min periods	3 min	Junior (27.5)		1
5 - 6 yrs	8ft	N/A	4 x 8 min periods	3 min	Junior (27.5)		1
7 - 8 yrs	9ft	10ft	4 x 8 min periods	3 min	Junior (27.5)		1
9 - 10 yrs	10ft	12ft	4 x 8 min periods	3 min	Intermediate (28.5)	Junior (27.5)	1 or 2
11 - 12 yrs	10ft	15ft	4 x 8 min periods	3 min	Intermediate (28.5)		2
13 - 14 yrs	10ft	15ft	4 x 8 min periods	3 min	Intermediate (28.5)		
15 - 18 yrs	10ft	15ft	4 x 8 min periods	3 min	Official (29.5)	Intermediate (28.5)	

## UNIFORM

Each player must wear their YMCA issued jersey.

## GENERAL RULES

Each YMCA Basketball game will consist of 10 player max, per team.

### 1. SCORING

- A running game clock will be used and will only stop for timeouts, injuries or illnesses.
- 9 years of age and up: All whistles in the last two minutes of each half (2nd/4th Quarter). (Unless one team is ahead by 15 points or more.)

### 2. FREE THROWS

- Players occupying a designated lane space can only enter the lane after the ball has been released.
- The shooter and the players outside of the arc can only enter the lane after the ball touches the rim.

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## 3. TECHNICAL FOUL

- A technical foul will result in the other team receiving two (2) free throws and the ball out of bounds. All technical fouls will count as a personal foul.

## 4. TIME-OUTS

- 3-8-year-old divisions will not have timeouts. Instead, these divisions will receive a 30-second rest every 4-minute substitution period.
- 9 years of age and up: Each team will receive two (2) 30-second timeouts per half. Unused timeouts from the first half may NOT be carried over to the second half. Injuries will be considered an official's timeout.

## 5. STEALING AND BLOCKING

- 3-8-year-old division players may not steal, except on a pass.
- 3-8-years-old division players may not block a shot. Player's hands are allowed up or out. If a player leaves their feet, it will be considered blocking.

## 6. MAN-TO-MAN

- Man to man is defined as being at arms length away from the offensive player.
- 3-6-year-old division players can only play man-to-man, they cannot double team.

## 7. THE BONUS SITUATION (9-18-year-olds only)

- Teams will go into a 1-in-1 bonus if one of teams commits seven (7) fouls in one half. Two (2) bonus free throws will be awarded beginning with the 10th team foul per half.

## 8. OVERTIME

- In the event of a tie, overtime will NOT take place.

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## PLAYING TIME

The following player rotation must be followed for all players present at the start of the game (defined as being present for the Player's Pledge). This rotation will be **strictly enforced**. Any player who does not arrive by the start of the game is not guaranteed to play in the first half of the game.

1. If a player arrives prior to the end of the 2nd period, they will be guaranteed to play one (1) period in the second half of the game.
2. If a player arrives at their game on time and is not designated as being ill or injured and does not play their minimum of two (2) full periods, the site director must report the coach's actions to the sports director for disciplinary action.
3. A sick or injured player may dress out for each game that they will not play.
4. The coach must declare sick or injured kids who are in attendance but won't play. If a player is sick or injured, the referee must be notified before the start of the game. If a player ends up becoming ill or injured during a game, he or she can be substituted out.
5. A notification must be made in the scorebook that the player did not play because of disciplinary actions.

## DEFENSE

10-year-old and under divisions may not participate in backcourt defense. The offensive team must be allowed to bring the ball into the frontcourt. The defensive players must allow the offensive player to establish position in the frontcourt before initiating defense. Defense must retreat to the arc; players must be able to dribble past half court.

Age Devisions	Man-To-Man Defense	Double Team Defense	Full Court Press	Zone Defense
3 - 6 years	Yes	No	No	No
7 - 8 years	Yes	Yes - in the paint	No	No
9 - 10 years	Yes	Yes	No	Yes
11 - 18 years	Yes	Yes	Yes	Yes

## OFFENSE

9-10-years of age and older divisions ONLY

- The 3-second rule (standing in the lane for more than three seconds) will be enforced.
- Offense plays that are intentionally designed to isolate players into one-on-one situations will not be allowed.

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## REFEREES

- The referee shall be the sole judge on the field of play.
- The referee can ask coaches, parents, players, and spectators to leave the field of play or the facilities to maintain a pleasant atmosphere, and control of the game.
- If a coach, player, or spectator, is ejected from a game, that person(s) is automatically removed from the next game and will be reviewed by the Sports Director and Executive Director. Should another incident occur within the same season, the coach, spectator, or player may be ejected from the league permanently.
- The referee may stop, suspend, or terminate the game because of the elements of interference.

## SUBSTITUTIONS

The goal of the YMCA is to provide all children with equal playing time. All players must play a minimum of 50% of the game. If a player is sick or injured, the referee must be notified before the start of the game. If a player ends up becoming ill or injured during a game, he or she can be substituted out.

1. In the 3-8-year-old division, a substitution may only be made if there is an injury or a player is fatigued.
2. In the 9-year-old and up division, there will be open substitutions. All children must play at least half the game.
3. All substitutions must be made at dead balls with the referee's acknowledgment.
4. Failure to comply with the rules will result in a coaching session between YMCA staff and the coach. Continued infractions will result in a one game suspension for the coach.
5. **Exceptions:**
  - A player fouls out of a game
  - A player is injured or becomes ill
  - Injured and ill players may re-enter the game during a period and should be encouraged to do so, **if able**. The sub player **must** be removed if the player returns.

**NOTE:** If a substitution is made for an allowed exception, the player that started the period is credited with the entire period of playing time. The sub is not credited with any playing time for the period.

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