



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BASKETBALL RULES

Youth Sports



Rules will be given to all coaches, referees, and Sports staff. The YMCA will follow the Florida State Athletic Association rules unless otherwise noted.

# Table of Contents

**Coaches..... 3**

**Players/Team..... 3**

**Officials .....4**

**Game Clock.....4**

**Start of Play .....5**

**Scorekeeping.....5**

**Fouls.....6**

**Back Court..... 6**

**Sportsmanship ..... 6**

**3-8- year-olds Specific Rules..... 8**

**Age Group Specification Chart ..... 10**

## **1. COACHES**

**1.1** All coaches are required to complete a volunteer application annually and must be cleared through a background screening prior to receiving their roster. The YMCA shall notify coaches when they have been cleared and shall be provided with a volunteer ID badge. This volunteer ID badge must be always worn and visible to parents and YMCA staff. Coaches, assistant coaches, etc. shall not be allowed on the court or in the bench area without a volunteer ID badge or Coaches Shirt.

**1.2** Coaches are expected to supervise players and keep their team together prior to each game as to help with traffic flow in the gymnasium. Coaches are expected to assist the YMCA in communicating and enforcing sportsmanship expectations with parents and players. Coaches are expected to always support the referees and respect all calls.

**1.3** Coaches are expected to provide a scorekeeper and/or a clock operator for each game. The YMCA may provide one, both or none. Instructions sheets on keeping score and time will be provided at the coaches meeting.

**1.4** A coach may stand in his/her six (6) foot coach's area/box during the game. However, an official may seat a coach who is standing and deemed by the official to be interfering with the game. A maximum of three (3) coaches shall be allowed in the bench area. Only the head coach may stand and communicate with game officials.

## **2. PLAYERS / TEAMS**

**2.1** A player may only move up one age division to participate (with the coach's, parent's and YMCA approval). No player may move down a division. A player may only play on one team per season unless approved by the Association Sports Directors.

**2.2** The maximum number of players on a team shall be twelve (12).

**2.3** A forfeit shall be declared if a team is not ready to play at the scheduled time. A team should have 5 active roster players at game time. If they have 4 active players, the game will start 4 players versus 5 players until the 10-minute mark of the first half. If the 5<sup>th</sup> player does not arrive at the 10-minute mark, the game will be called as a forfeit. Coaches allowing non-registered players to participate in ANY game or practice may be subjected to dismissal. If a player participates with a team that he is not active on their roster, He will not be allowed to play that day with any other team and may be subject to dismissal for the season.

**2.4** Each player will play a minimum of two (2) full quarters (or 50% equal play time) in every game except in the case of injury or illness. If a player is not playing the required time because of injury or illness, YMCA staff, game officials and opposing coaches shall be notified before the game begins.

**2.5** Each team should substitute according to the following grade divisions sub rules, unless for an injured player.

- 3–8-year-old division(s)..... substitute at the 4-minute mark or quarter mark only.
- 9-year-old and up divisions(s) ..... coaches shall have free substitutions on dead balls.

### **3. OFFICIALS**

**3.1** The YMCA shall screen, hire, train and evaluate game officials. These officials shall be held to the same high standard as all YMCA employees and coaches. YMCA officials are expected to have a deep understanding of the game of basketball and YMCA specific rules and guidelines. YMCA officials are expected to manage the game and officiate with Christian principles as their foundation.

**3.2** 3-4- and 5–6-year-old coaches will officiate their own games. At least one referee shall be provided for 7–8-year-old games. At least two officials shall be provided for all games for ages 9-17.

**3.3** Game officials shall ensure that all technical fouls and ejections are properly recorded at the end of each game. Game officials will communicate directly with the YMCA Sports Director and/or gym monitors on specifics of the incident.

### **4. GAME CLOCK**

**4.1** Games will consist of four (4) quarters lasting:

- 3–8-year-old division(s).....eight (8) minutes each.

Games will consist of two (2) halves lasting:

- 9–10-year-old and up division(s)..... twenty (20) minutes each.

**4.2** A running clock shall be used and only stop for timeouts and referee stoppages (i.e. injuries). The clock will also stop the last two minutes of the first and second half for every dead ball.

**4.3** Each team shall be allowed two (2) 60 second timeouts each half of a regulation game.

One (1) additional 60 second time-out shall be allowed for the first overtime period. Time-outs cannot be carried over.

**4.4** There shall be one (1) minute between quarters, and two (2) minutes between halves.

## **5. Start of Play**

**5.1** The visiting team will have the ball for the first possession to start the game in the following grade division(s):

- 3–4-year-old division
- 5–6-year-old division
- All 7–8-year-old division, 9–10-year-old and up divisions will start the game with a jump ball at the division line.

**5.2** Alternating possession rule is in effect for all grade divisions. In all jump-ball situations, other than the start of the game, the teams will alternate taking the ball out of bounds for throw-ins. The team obtaining control from the jump ball establishes the alternating-possession procedure and the arrow is set towards the opponents' basket. (In some cases, the referees will keep the possession) Jump balls occur when two opponents have one or both hands firmly on the ball.

**5.3** Teams will change baskets at the end of the first half in the 9–10-year-old and up divisions. 3-4, 5-6 and 7-8 divisions will shoot and defend the same basket the entire duration of the game.

## **6. SCOREKEEPING**

**6.1** Three-point shots shall be allowed in 9–10-year-old and up when these contests are played on a court with a regulation three-point line.

**6.2** If the score is tied at the end of regulation, a 1-minute overtime period shall be played. We will continue to play 1 minute overtime until someone wins the game. Overtime periods shall begin with a jump ball. The clock shall stop in the last minute for every dead ball in overtime. There will be no overtimes for 3-4-, 5-6- and 7–8-year-old divisions.

**6.3** Goodwill and sportsmanship shall be always exhibited. When a team reaches a lead of twenty (20) points, fast breaks are prohibited. Defense from the team in the lead shall be played from the three-point line extended only. The game clock shall run continuously for the remainder of the game, regardless of the score.

Once the THIRTY (30) point guidelines go into effect in the second half the score

will be taken off the scoreboard but kept on the official scorebook on the table.

If the team that is losing plays full court defense, then the no fast break rule is not in effect.

**6.4** Protests shall only be made by the head coach and shall be directed to the YMCA Sports Director. Complaints, comments, and suggestions shall be directed to the gym supervisor, Sports Director or Manager on Duty in a respectful manner.

## **7. FOULS\***

**7.1** Five (5) personal fouls shall disqualify a player from a game. Direct technical fouls count as personal and team fouls.

**7.2** A team shall begin shooting the bonus free throws on the seventh (7<sup>th</sup>) team foul in each half. A team shall begin shooting the double bonus on the tenth (10<sup>th</sup>) team foul in each half.

## **8. BACK COURT\***

**8.1** Back court violations shall be called for 9–10-year-old division and up.

**8.2** Players shall have ten seconds to cross the half court line.

**8.3** Full court defense shall only be allowed in 11–12-year-old division and up. 9–10-year-old division will be allowed to full court press only in the last two (2) minutes of each half.

## **9. SPORTSMANSHIP**

**9.1** YMCA staff, coaches, athletes, spectators and all other persons connected directly or indirectly with the YMCA, including contest officials, shall adhere to the principals of good sportsmanship and the ethics of competition, before, during and after all contests in which the participate and/or attend. Each team will be held strictly accountable for unsportsmanlike conduct on the part of its competitors, coaches and spectators.

**9.2** Teams (players and coaches) and game officials shall meet at midcourt prior to the start and at end of each game to shake hands in a display of good sportsmanship. Players, coaches, officials and spectators are invited to participate

in a prayer that shall take place prior to the start of each game.

**9.3** In the event of unsportsmanlike conduct, the referee(s) have the authority to call a technical foul on a player, coach, or team (includes spectators). Coaches are responsible for themselves, their players and their team's spectators. Trash talking and foul language will not be tolerated. A technical foul will be issued, and no warning will be given. The referee(s) may call the game a forfeit if they deem the environment unsafe or not in accordance with the YMCA's Christian principles and Mission.

**9.4** A player, coach or spectator may be disqualified (ejected) for general unsportsmanlike conduct, flagrant foul or second technical foul in the same game. This player, coach or spectator will also be suspended from participation from the next scheduled game.

**9.5** A player or spectator may be disqualified (ejected) for gross unsportsmanlike conduct or for a second or subsequent occurrence of general unsportsmanlike conduct, flagrant foul or receiving two technical fouls in the same game. The player may also be suspended from play for any remaining games that season. If the disqualification occurs during the last game of the season, the player may be suspended from the next season of basketball in its entirety. A coach may be disqualified (ejected) for gross unsportsmanlike conduct or for a second or subsequent occurrence of general unsportsmanlike conduct or receiving two technical fouls in the same game. The coach may also be suspended from play for any remaining games that season. If the disqualification occurs during the last game of the season, the coach may be suspended from the next season of basketball in its entirety. The coach must apply to a YMCA Sports Director and Executive Director for reinstatement before he/she will be allowed to coach again.

**9.6** A player, coach or spectator who has been disqualified (ejected) must leave the competition area to a place where he/she is not visible to athletes, officials, spectators, or other coaches and where he/she cannot see the competition itself. This player, coach or spectator, must not have any further contact with or give instructions to athletes or coaches for the remainder of the game: including halftime, breaks between quarters, time-outs and/or post-game activities. Said player, coach or spectator shall not attend any subsequent game from which he/she has been suspended in any capacity; shall not be present at the site, shall not accompany his/her team to the site.

**9.7** It is the responsibility of the coach to ensure the suspension is enforced. If an ineligible athlete, coach or spectator is allowed to participate, forfeiture of the contest is mandatory. If a coach is disqualified (ejected) from a contest and no other authorized coaches or volunteers are present to take charge of the athletes, a YMCA staff will coach the game.

**9.8** No athlete, coach or spectator may publicly criticize or berate an official prior

to, during or following a game. The YMCA's Christian principles and good sportsmanship require all adults to use proper channels to report their concerns about officiating.

**9.9** The YMCA staff and/or game officials are responsible for control of spectators during a game. The officials assigned to work the game are responsible for the conduct of the game itself. In the event a spectator or group of spectators interferes with the conduct of a game or causes an official to become distracted through verbal abuse, the official shall immediately stop the action and report the spectator(s) to the YMCA staff for removal from the site of competition. If the spectator(s) refuse to comply, the contest will be forfeited. Under no circumstances should an official ever confront or threaten a spectator before, during or after a game.

### **3-4, 5-6, and 7-8-year-old division SPECIFIC RULES**

These divisions are geared toward instruction and skill development. These players may not be ready for strict officiating. 3-4 and 5-6 one coach from each team stays on the court the entire game to instruct and guide players. At least one assistant coach and/or Team Parent should be in the bench area to help monitor the players not in the game.

#### **1. OFFICIALS**

In 3-4 and 5-6, one coach from each team shall officiate the game.

**In 7-8 division** the YMCA will provide at least one game official. Referees will officiate from an advantage perspective with a gradual increase in expectation throughout the season. The game will start with a Jump Ball at the division line.

There will be **NO** double teaming during the season. Defense will be played person to person. **ONLY**.

There is **NO** defense in the backcourt.

All held ball (jump ball tie-ups) go to the defense team since there is **NO** defense in the backcourt.

Traveling shall be called if a player takes more than three (3) steps forward. Happy feet (feet moving but player not going anywhere) shall **NOT** be strictly enforced UNTIL THE 5<sup>th</sup> Week.

For the 1<sup>st</sup> 4 weeks, there will be **NO** Stealing. Stealing will be authorized from



week 5 through 8.

Alternating possession will be used at the beginning of the quarter or at the 4-minute mark when we switch for subs.

There is NO TIME OUTS.

While the season the rules should be more strictly enforced so that the players develop a sound skill foundation. All fouls should be called.

## **2. SCOREKEEPING**

Score will not be kept in 3-4 and 5-6 games. The focus for these age groups is on fun and skill development not on winning and losing. The scoreboard will only be used to keep the game clock. 7-8-year-old divisions will keep score on the scoreboard.

## **3. FOULS**

All fouls shall be called. Because we are not keeping score in 3-4 and 5-6 players cannot "foul out" but aggressive play shall be controlled by the coaches.

## **4. BACK COURT / DEFENSE**

Back court (over and back) shall not be enforced in 3-4- and 5-6-year-old divisions. 3-4- and 5-6-year-old division teams shall play only man-to-man defense and use the wristband system. Once a team gains a defensive rebound, all players shall go to the defensive end and wait for the ball to be brought up the court. Before the start of each quarter and after every time out and quarter the coaches will have an opportunity to match players up based upon skill, size, etc.

7-8-year-olds shall play man-to-man defense only (no wristbands will be used). No defense in the backcourt if the offensive team is not attempting to fast break. However, if the offensive team is attempting to advance the ball via fast break after a rebound or steal immediately upon obtaining possession of the ball, normal basketball rules apply.

## **5. STEALING**

3-4- and 5-6-year-old defense will not be allowed to steal the ball from the ball handler while he or she is dribbling or possessing the ball. Defense may block shot, steal a pass or loose ball. Defensive players should be encouraged to play position defense; reaching is not permitted. STEALING will not be allowed for the first 4 WEEKS in the 7-8-year-old division. On WEEK 5, STEALING WILL BE AUTHORIZED.

## **6. SCREENING**

3-4 & 5-6-year-old division(s)..... Not allowed at any time. The penalty will be as follows: 1st warning, 2nd change of possession.

7-8-year-old and up division(s) .... Screening is allowed during the game if the offensive player is set once contact has been made with a defensive player.

\*\*Help and Recovery Rule is in effect in all divisions. A defensive player may leave his/her opponent to prevent another offensive player from driving to the basket. However, once/if the initial stop has been made, a switch must occur meaning the defensive player must return to guard his/her original opponent, only applies to 3-4 through 7-8-year-old divisions.



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## AGE GROUP SPECIFICATIONS

Grade Division →	3-4	5-6	7-8	9-10 (7-8 Challenge)	11 & up
<b>Goal Height</b>	6'	8'	9'	10'	10'
<b>Ball Size</b>	Junior (27.0)	Junior (27.0)	Intermediate (28.5)	Intermediate (28.5)	Regulation Boys (29.5)  Intermediate Girls (28.5)
<b>Ball Circumference</b>	27.5"	27.5"	28.5"	28.5"	29.5" Boys 28.5" Girls
<b>Game format</b>	5 on 5	5 on 5	5 on 5	5 on 5	5 on 5
<b>Court Format</b>	Cross	Cross	Cross	Full	Full
<b>Quarter Length</b>	(4) 8 min	(4) 8 min	(4) 8 min	(2) 20 min	(2) 20 min
<b>Timeouts</b>	NONE	NONE	NONE	2 in 1st half 2 in 2nd half	2 in 1st half 2 in 2nd half
<b>Lane Violation</b>	No	No	No	3 sec.	3 sec.
<b>Alternate Possessions</b>	Yes	Yes	Yes	Yes	Yes
<b>Zone Defense</b>	No	No	No	Yes	Yes
<b>Double team/ Trapping</b>	No	No	No	Yes	Yes
<b>Fast Break</b>	No	No	Yes	Yes	Yes
<b>Free throw line</b>	10'	10'	No	15'	15'
<b>Full court press</b>	No	No	No	Last 2 min. of halves	Yes
<b>Backcourt</b>	No	No	No	Yes*	Yes
<b>3-pt shot</b>	No	No	No	Yes	Yes
<b>10 seconds</b>	No	No	No	Yes	Yes
<b>Personal fouls</b>	Warnings	Warnings	5	5	5
<b>Bonus system</b>	No	No	No	Yes, on the 7th foul of half 10th foul - 2 shots	Yes, on the 7th foul of half 10th foul - 2 shots