



YMCA Spirit Basketball Rules

Updated 12/28

National Federation Rules will apply. Please note some exceptions below.

FOUR Ten Minute Running Clock Quarters (clock stops the last minute of second/fourth quarter on all whistles). One overtime period of 3 minutes, clock runs except for last 30 seconds. If score is still tied - game ends in a tie. **Halftime length: Three minutes. Two full timeouts per team per half, timeouts do not carry over from 1st half to 2nd half or to overtime; one full time timeout per team in overtime.**

These Federation Rules Still Applicable:

- Coach may use a timeout to keep a bleeding player in the game (player must be ready to go at completion of timeout).
- A team member is now prohibited from removing the jersey/pants within the confines of the playing area. Technical foul assessed.
- The rule for leaving the court for an unauthorized reason has been changed from a technical foul to a violation.
- Intentional fouls may or may not be premeditated and are not based solely on the severity of the act.
- If teams are not ready after a timeout, it is a 1st warning, then a technical foul. One team warning covers all team delays.

Free Throw Rules:

- On a free throw attempt, 6 players are allowed along the free throw lane, **bottom lane spaces will not be filled.**
- Free throw restriction: Players lined up along the free throw lane may enter the lane once the ball is released.
- **3rd and 4th grade boys and girls will shoot free throws from 12 feet (regular is 15ft), shooter not eligible for rebound/put back.**

Rules applicable:

- 3rd grade boys and girls shoot at 9ft hoop and use junior size ball (27.5).
- 4th – 8th grade boys and girls will shoot at 10ft hoop and will use intermediate size ball (28.5).
- No full court press allowed in the 3rd grade boys/girls (half court press is allowed, offense must be allowed to cross half court). In the last ***Minute** of the game for 3rd boys/girls divisions if the score is within 5 points, a full court press is allowed, if the score is over 5 points no full court press.
- 5th – 8th grades boys/girls teams may full court press to a 20 point lead, after 20 point lead only half court press allowed.
- **Last 8 games of season (start January 7, 2017): 4th grade boys/girls teams may full court press to a 20 point lead, after 20 point lead only half court press allowed, offense must be allowed to cross half court.**

Miscellaneous information:

- Must have coach/parent present in order to play a game, best to have one from each team. A game may start with 4 players.
- The official score book will be at the scorer's table. Coaches please stay at least 10 feet from the table so scorer can see basket.
- A game may start early only if both coaches agree.
- The officials are responsible for getting the game started as soon as possible.
- A team must have a number on the back, a YMCA logo is not required. Shirts must be tucked in.
- Shorts must be pulled up over hips, shirts must be tucked in, no jewelry of any kind. **No Earrings! Tape does not change ruling.**
- Concerns about the officials are allowed but must be communicated to supervisor or league director, not to the officials.
- No badgering/mocking of the officials is allowed at any time, this is grounds for technical foul and possible removal.
- Do not approach a referee in a derogatory manner after a game is completed, this is grounds for league removal.
- It is a YMCA Spirit rule that all players play one full quarter and we prefer that each child play half. We would prefer that it be an uninterrupted quarter but foul trouble, conditioning; time may vary. If a child has a disciplinary problem, time allowances can be made. Team rules and consequences for misbehavior should be addressed prior to the season with all team members and families.

Consequences of ejections from a game:

- A coach is responsible for the behavior of themselves, their assistants, their players and their fans.
- If a *player* is ejected from a game, they must sit out the remainder of the game and the **next** game and may not attend even to watch; If this *player* is ejected again within the season, this *player* is expelled from the league.
- If a *coach* is ejected from a game or behavior is severe - that *coach* must leave the facility. The *coach* is also suspended for the **next** game or more. The coach may not attend during suspended game(s). If *coach* returns to facility after being removed, or does not leave respectfully, coach could be removed from league. If this *coach* is ejected from another game the *coach* will be permanently removed from the league.
- If a *parent* is removed from a game, they must leave the facility and are prohibited from attending the **next** game. If this same *parent* is removed from a second game, that *parent* is permanently unable to attend YMCA Spirit basketball games. If the parent returns to the site after removal this parent will be permanently removed from watching any further games this season.
- A *single technical foul* on a coach or player does not result in ejection from a game unless it is deemed flagrant.
- Normal federation rules will apply when dealing with technical fouls and subsequent disqualifications.
- YMCA Site Supervisor has the final decision in all instances that occur at the site.
- Expulsions/suspensions from the league will be handled by league director.
- **Inappropriate behavior that does not result in ejection from a game but is brought to the attention of the Youth Sports Office will be dealt with on an individual basis -suspension/ejection is possible.**