



# YMCA Spirit Basketball Rules

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

## Applicable National Federation Rules

- 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 prohibited from removing the jersey/pants within the confines of the playing area. A technical foul will be 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 1<sup>st</sup> warning, then a technical foul. One team warning covers all team delays.

## Applicable Spirit League Rules

### Game Length/Clock/Timeouts

- NEW: TWO 20 minute halves with a running clock. Clock only stops for time outs, injuries and the final minute of each half on all whistles.
- 2 timeouts per half, per team. 1 timeout in overtime. Timeouts DO NOT carry over.
- One 3 minute Overtime with a running clock. Clock stops in final 30 seconds on all whistles. If still tied, game ends in a tie.

### Equipment

- 3<sup>rd</sup> grade shoot at 9ft hoop and use a junior size ball (27.5)
- 4<sup>th</sup> – 7<sup>th</sup> grade shoot at 10ft hoop and will use an intermediate size ball (28.5)
- 8<sup>th</sup> grade Boys shoot at 10ft hoop and will use a regulation size ball (29.5)

### Press Rules

- 3<sup>rd</sup> grade is NOT allowed to full court press. Half court press is allowed; offense must be allowed to cross half court. However, if the score is within 5 points in the **final minute** of the game, a full court press is allowed.
- 4<sup>th</sup> grade (First 4 games of the season) is NOT allowed to full court press. Half court press is allowed; offense must be allowed to cross half court. However, if the score is within 5 points in the **final minute** of the game, a full court press is allowed.
  - \*\*\*4<sup>th</sup> grade (Last 8 games of the season) teams may full court press to a 20 point lead, after 20 point lead only a half court press is allowed.
- 5<sup>th</sup> – 8<sup>th</sup> grades teams may full court press to a 20 point lead, after 20 point lead only a half court press allowed.

### Free Throw Rules

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

## Miscellaneous Information

- A coach/parent must be present for each team in order to play a game.
- A game may start with 4 players. Upon arrival, the 5<sup>th</sup> player may enter game on dead ball whistle.
- The official score book will be at the scorer's table. Coaches must stay at least 10 feet from the table so scorer can see each basket.
- Game officials are responsible for getting the game started as soon as possible. A game may start early only if both coaches agree.
- Players must have a number on the back of jersey.
- 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. 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. The player is not allowed to attend, even to watch. **No Exceptions.** 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. **No Exceptions.** 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 will 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. **No Exceptions.** 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.
- **Game WILL be stopped if a coach, player, parent or fan is refusing to leave after an ejection.**
- 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.**