

Covington Family YMCA Youth Basketball Rules

Objective:

The main objective of the YMCA youth basketball program is to teach young boys and girls important life values and skills. Good sportsmanship, teamwork and respect for others are yet a few of the topics coaches will introduce. We want to teach the children the fundamental skills of basketball; dribbling, passing, shooting, defense and rules.

It is expected that all coaches, players and spectators by their participation in our youth sports program, have accepted and will abide by the fair play rules. All parents must try and contribute to the program if this season is to be a worthwhile experience for the children.

General Rules:

- The team and coaches should remain in the designated area on the side-court.
- The coaches will be responsible for the conduct of both the players and the parents of his/her team.
- Officials and gym supervisors have the authority to ask any parent, coaches, players or any other spectators who do not display conduct in keeping with the YMCA philosophy to leave the gym.
- Please remain outside the gym until the game prior to yours is finished.
- All players should learn all positions. Each game a child should play a different position.
- It is strongly encouraged that teamwork is stressed to avoid a one-man team.
- Players will have 10 seconds to get the ball across half court.
- Players will have 5 seconds to inbound the ball.

Players:

A. Playing Time:

- Each Player must participate a minimum of two quarters each game.
- If a player arrives at half time, he/she is required to play only one quarter.

B. Substitutions:

- Substitutions may only happen on dead ball situations.
- Each player must check in at the scorers table when substituting and will be buzzed in and waved in by a referee.

C. Attendance:

- All players are expected to attend practices as well as games.
- No child will be disciplined for missing a practice.

D. Positions:

- All players should have the opportunity to play all positions by the end of the season.

Coaches:

- Teams will remain in a designated area for the game.
- U6 and U8 one coach will be allowed on the court during the game to help instruct the players. U8 coaches need to try to stay off the court after 2-3 games.
- All other age groups coaches will remain on their half of the court on the sideline.

Equipment:

- All players must wear non marking athletic shoes.
- All players must wear team jerseys for all games and jerseys need to be tucked in during play.
- Basketball sizes:
 - U6 will be a Junior ball (27.5in)
 - U8 will be a Junior ball (27.5in)
 - U10 will be an intermediate ball (28.5in)
 - U12 will be an official ball (29.5in)
 - U14 will be an official ball (29.5in)

Game Specifics:

A. Length

- All games must start at their designated time.
- Teams may “share” players if a team has fewer than 4.
- Game times:
 - U6 age division: 9 minute quarters, running clock, no score kept, 8ft basket.

- ii. U8 age division: 9 minute quarters, score kept, 8 ft basket.
- iii. U10, U12, U14 age divisions: 9 minute quarters, cumulative score kept, 10 ft basket.
- No overtime
- The timekeeper will only stop the clock for official time outs and injuries.
- The clock does not stop when the ball goes out of bounds.
- The final minute of each half the clock will stop on all dead balls.
- Each team is allowed 2 timeouts per half.
- At half time, the teams in all age divisions will switch baskets.
- There will be 1 minute breaks between quarters and a 3 minute break between halves.
- Fouls will be kept record of in U10 and up. Each child is allowed 6 fouls per game.
- 7 team fouls will result in one and one.
- 10 team fouls will result in two free throws.

B. Jump Balls:

- There will be a jump ball at the start of each game.
- The teams will alternate possession out of bounds for all “tie-ups” during the game.

Referees

All referees are to be treated with the utmost respect.

Offensive Regulations:

- If a violation is called between the free throw line and the half court line, the ball will be taken out of bounds in the back half of the offensive court.
- Players are allowed in the paint for no more than 5 seconds.
- All violations will be called appropriate to the age group playing. Traveling and double dribble will be called for flagrant violations. The referees will use discretion for all minor violations. As the season progresses, the referees will enforce the rules a little more strictly.

- U6, U8, and U10 must hold the ball on all defensive rebounds, steals, and inbounds plays until the defense has had time to drop back into the backcourt (NO FAST BREAKS).
- U12 and U14 teams may fast break.

Defensive Regulations:

- All teams will be allowed to use a zone or man-to-man defense. If a team has a 15 point lead, the team must play a zone defense inside the 3-pt arc.
- **U6** – The defense must stay inside the blue taped zone. Steals can only be made on passes and loose balls.
- **U8** – The defense must stay behind the first yellow line. Steals can only be made on passes and loose balls.
- **U10** – The defense may pick up their man inside the 3-pt arc. Steals can only be made when someone is dribbling inside the 3-pt arc, except on all passes.
- **U12** – The defense may only pick up their man inside half court. Steals can only be made when someone is dribbling inside the 3-pt arc, except on all passes.
- **U14** – The defense may only play defense at half court. In the final two minutes of each half (2nd quarter and 4th quarter) the teams may full court press. If the offensive team attempts to fast break at any time, full court defense can be played.

Team Fouls:

- **U6, U8** – No free throws
- **U10** – Players will shoot free throws from the black line.
- **U12, U14** – Players will shoot free throws from the regulation line.
- Any flagrant foul called by the referee will result in one technical shot and possession of the ball for the other team. Two flagrant fouls in one game can result in ejection from the game and possibly the league.

Technical Fouls:

- A coaching technical will result in two free throws plus ball possession for the other team. Any coaching technical will be reported to the YMCA by the officials. Profanity and poor sportsmanship are automatic technical and automatic removal.
- A player technical will result in one free throw plus possession for the other team. The player will be expelled from that half of

play. The second player technical in one game results in expulsion from the game and gym.

- The use of profanity will not be tolerated by any participant in the YMCA Youth Basketball Program. The use of profanity on or off the court is grounds for immediate ejection from the game (and possibly the league). Two free throws will be awarded to the opposing team.

Rule Bending:

Rule bending is permissible on occasion during the season. Rule bending is permitted to allow all players the opportunity to learn in a relaxed game environment. This is not a competitive league, no standings will be kept. The purpose of this league is fun, fitness, skill development, teamwork, and fair play.

- Rule bending is done on an equal basis. No preferential treatment will be given to an individual or a team.
- By the fourth game, rule bending will be minimal to non-existent. The children need to realize that certain infractions have consequences.
- All flagrant/dangerous violations should be called from the beginning of the season. Possession will be awarded to the other team in any flagrant or dangerous play.