

# YBASKETBALL™

We build strong kids, strong families, strong communities.

The following rules will be the official playing rules for all divisions of Spirit League YMCA Basketball. Should a dispute occur, we will refer to the following set up rules first and then to the NFHS Rule Book.

## YMCA Basketball Rules

### Court & Equipment

- 1. Ball Size:** 9-10 years 28.5 (Women's Ball)  
11-12 years Boys: 30.5 (Men's)  
Girls: 28.5 (Women's)
- 2. Goal Height**  
All Spirit league games will be played on 10 ft. goals
- 3. Free-Throw Lane**  
9-10 yrs Standard Lane and 5 second lane count  
11-12 yrs Standard Lane and 3 second lane count

### Players, Substitutes and Equipment

- 1. Substitutions**  
*Spirit League (Playing Time is determined by the Head Coach, but each player must play the equivalent of 1 half.)*  
9-12 yrs Free Substitution
- 2. Uniforms:**  
**Spirit league:** is required to wear the YMCA Red/White Basketball Jerseys

### Definitions

1. Refer to the NFHS rulebook.

### Scoring and Timing Regulations

- 1. Length of Game** (*All divisions will use a running clock*)  
**Spirit League**  
9-12 yrs 2 Halves 20 minutes in length
- 2. Time-Outs:**  
Each team, no matter what division, will receive 2 timeouts per half. They are full time-outs lasting 1-minute in length. Time-outs **will not** carry over.
- 3. Overtime:**  
Overtime will only be played in the *Spirit League*. We will play 1-overtime, 3 minutes in length, with each team receiving 1 time-out. If the score is still tied after 1<sup>st</sup> overtime, games will be recorded as a tie.

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## Time-out, Stopping Play

Time-Out occurs and the clock, if running, **shall be stopped for the entire game for:**  
Time-Outs & Injuries Only

Time-Out occurs and the clock, if running, shall be stopped **within the last minute of each half** when the official signals:

- A foul
- A held ball
- A violation
- Injury
- Delay in getting a ball live
- Any Emergency
- Free Throws

## Out of Bounds and the Throw In

### 1. Player Location

The location of a player or non-player is determined by where the player is touching the floor as far as being:

- Inbounds or out of bounds
- In the frontcourt or backcourt
- Outside (behind/beyond) or inside the three-point field goal line.

### Throw-In – Designated Spot

The designated throw-in spot is 3 feet wide with no depth limitation and is established by the official prior to putting the ball at the thrower's disposal.

- The thrower must keep one foot on or over the spot until the ball is released. Pivot-foot restrictions and the traveling rule are not in effect for a throw-in.

## Lane

9-10 yrs

5 Seconds

11-12 yrs

5 Seconds

### 1. Bonus Free Throw

- Team's 7<sup>th</sup> foul – 9<sup>th</sup> foul will be awarded a 1 – 1
- Team's 10<sup>th</sup> foul will be awarded 2 shots.

## Types of Defense Allowed

### 9-10 yrs

Any type of half court defense allowed. Full court press allowed for the entire game unless up by 10 points. If up by 10, the team must drop back to half court. See fouls and penalties.

### 11-12 yrs

Any type of defense. Full Court entire game unless up by 20 points. If up by 20, must drop back to a half court defense – See Fouls and Penalties



**Closely Guarded** - Guarding shall be the act of legally placing the body in the path of an offensive opponent. There is no minimum distance required, but the maximum distance between the guard and opponent shall be 6 feet when closely guarded. This applies when the opponent dribbles the ball or is holding it. The count is separate for both.

**Spirit** 9-12 yrs 5 Seconds

**Back Court**

**Spirit** 9-12 yrs 10 Seconds

**Fouls and Penalties**

Fouls are recorded. 5<sup>th</sup> foul disqualifies player

1. **Technical Fouls**

**Player** Upon receiving a technical foul, the player will sit out remainder of the game.

**Coach** 1<sup>st</sup> Technical results in a meeting with Sports Director to discuss his/her actions.

2<sup>nd</sup> Technical results in ejection from the game and **suspended** from the next week's game. Must meet with the Sports Committee to determine length of suspension.

**Coach's Rule**

1. One (1) Head Coach and one (1) assistant coach will be allowed on the bench during games.
2. Coaches must remain on or in front of their respective benches.
3. The Head Coach is the only coach allowed to address the officials before, during, or after the game. The assistant coach may confer with players and table personnel but only during dead ball situations.
4. If a player is injured, an official or YMCA staff person will call the coach on the floor. This is for the safety of all the players that could be injured by anyone running on the court unexpectedly.
5. Under no circumstances shall any coach confer with another player or coach from the opposing team in a negative manner. If such action is witnessed by YMCA staff, that coach will be asked to leave the game and will be under review with the Sports Director.
6. Coaches will be role models for our athletes, therefore you will be held to the highest YMCA standards of good character and positive behaviors.



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