



Rules for the Valley of the Sun YMCA Competitive Jr. Suns League

RULES	National Federation of High School Associates (NFHS) and AIA Rules in affect unless noted.
BALL SIZE	3-4 th & 5-6 th Grade: 28.5 / 7-8 th Grade & HS: 29.5
JERSEYS	Each player will wear their current YMCA/Jr. Suns Jersey at all YMCA games and tournaments.
GAME TIME	40 Minutes (4) 10 Minute Quarters - Continuous running clock except during time-outs and injuries. EXCEPTION: Clock will stop on each whistle during the last 2 minutes of the game if the score is not within 20 points.
PLAYING TIME	Each player is entitled to play ¼ of each game, unless otherwise approved by the YMCA Sports Director. Participants may only play on one team within an age group. Players may not be added after the second game, unless approved by the YMCA Sports Director.
SUBSTITUTION	Player(s) substituting must report to the scorer's table and kneel down. The Scorekeeper will sound the horn (dead ball). The substitute will enter the game when the OFFICIAL beckons him/her.
INJURY	Any player bleeding must leave the game immediately. Player may re-enter the game when bleeding is stopped. If the injured player requires attention on the court they must leave the game. Player may re-enter according to substitution rules. If a player suffers an injury to the head they must come out for at least 5 minutes of playing time. Once deemed safe to return by Sports Site Lead and/or Referee they can re-enter according to substitution rules.
OVERTIME	3 minutes per O.T. with the last minute stop clock...one Time out per O.T. (no carry-over from regulation) The 3rd O.T. is sudden death with a jump ball start....no time outs
PRESSING	Allowed in 5/6 grade and older divisions only, no pressing in 3-4 th grade. EXCEPTION: No pressing is allowed when a team has a 20 or more point lead.
DEFENSE	Person-to-Person, Zone, Combination Defenses are all acceptable.
TIME OUTS	Teams will be allowed two time-outs per half. 1 additional time-out will be awarded in each overtime.
FREE THROWS	Regulation free throw line 15ft. Players may not enter the lane until the ball is released. The shooter and players positioned outside the three point line may not enter from beyond the 3pt line until the ball hits the rim. 3-4 th grade players may jump over the free-throw line as long as toes were behind the line when shot is released.
BONUS	A team's seventh (7th) foul per half - Bonus rule (1+1) A team's tenth (10th) foul per half -Two (2) free throws.
PERSONAL FOULS DISQUALIFICATION	On a player's fifth (5th) Personal Foul he/she is disqualified. If a player is assessed a Technical Foul, he/she is also assessed a Personal foul. If a team gets down to 3 players due to players fouling out the game will then be a forfeit.

TECHNICAL FOUL	If a player is assessed a Technical Foul, he/she is also assessed a Personal Foul. NON-TECHNICAL TEAM shoots two (2) free throws and receives the ball at mid-court. Examples of what can result in a Technical Foul: Unsportsmanlike conduct, delay of game, team taking an extra time out, substitute entering the court without properly reporting to the scorekeeper, coaches, players, team member or fan disrespecting an official at any time, flagrant fouls, intentional fouls, profanity, fighting, etc. A tech foul counter has been put in place where a coach/player will receive a one game suspension on receiving two technical fouls in the season. After returning from the suspension if a third technical foul is called on that coach/player they are expelled from the league.
FIGHTING	If any player, coach, spectator, or official throws a punch or commits any other act of physical harm before, during, or after a game, that individual will be immediately removed from the gymnasium/venue and permanently expelled from the league.
EJECTION & *{Suspension Attendance}	A coach, team member or bench personnel receiving two (2) technical fouls shall be ejected from the game and will be suspended for the next game. Official and league directors reserve the right to remove spectators from the gym at any time for behavior that is not conducive to good sportsmanship. Any player ejected from a game will be suspended for the next game and upon review of the YMCA/Jr. Suns staff, may be subject to further disciplinary action. *Suspension Attendance Rule: If a player or coach is suspended for a game, they are not permitted to attend that game in any capacity. This includes sitting on the bench or attending as a spectator anywhere within the crowd.
COACHES & COACHES BOX	No more than three (3) coaches permitted in the bench area. Only the Head coach is permitted to stand. Coach must remain in the coach's box. 1st Violation: Warning 2nd Violation: Technical Foul. Coaches are responsible for all assistant/substitute coaches and parents. Only team members are permitted on the bench and must remain seated. Coach shall not abuse or mistreat officials at any time. After 1st Technical Foul has been assessed to any coach, all coaches must remain seated.
CODE OF CONDUCT	Coaches are responsible for the conduct of their players, parents, coaches and fans. The coach must set the tone for positive behavior from the kids and parents. The team will look at the coach as a role model and will generally replicate what the coach does.
SCOREBOOK	Coaches need to provide a signature verifying line-ups to the scorekeepers at least five (5) minutes prior to game time. If any names that are written in after week two the game will be considered "under protest" until verified by the YMCA Sports Directors.
LATE POLICY	It is imperative for games to start on time. Nevertheless, there is a 10 minute grace period for the start of the game if a team does not have at least 4 players. After the original start time and before the 10 minute grace period ends, it will be considered a regulation game if a team shows or has at least 4 players with the following possible changes: 1) Game will be counted as an official game. 2) 4-(8) minute quarters 3) 30-second intermission between quarters 4) 1 minute half-time intermission. 5) Teams can start and play a game with 4 players If after the 10-minute time period a team is unable to start 4 players the game is considered a forfeit and will not be rescheduled.
NO SHOW POLICY	If your team cannot show-up for a game, that game will count as a loss and will not be rescheduled. If your team has more than one forfeit in a season, your team may be removed from the league.

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