



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Greater Spartanburg Youth Basketball Handbook

BASKETBALL RULES

YMCA SPORTS PHILOSOPHIES

1. Everyone must play an equal amount of time.
2. Coaches are volunteers. They are not paid.
3. Our focus is on fun and skill development.
 4. Sportsmanship above all.
 5. We promote a family atmosphere.

SPECTATOR/COACH CONDUCT

1. All spectators must remain in the stands.
2. Positive team support is encouraged. **Offensive language or behavior will not be tolerated.** This includes making comments to the officials, players or coaches.
3. Each coach is responsible for the conduct of all persons on his/her team or supporting his/her team. If you feel that there is an issue with fans or players, please notify your YMCA staff person present.
4. A player, coach or spectator may be found guilty of improper conduct. In the event that, a referee or staff member determines improper conduct, he/she will be given a warning. If the referee or staff determines improper conduct continues after the warning, that player/coach/parent will be ejected for the rest of the game and must leave the facility immediately.
5. The referee reserves the right to abandon a game.

• EJECTIONS

- a. After a single ejection due to improper conduct, the player/coach/parent must have a discussion with the sports director at their branch before returning to practice and there will be a seven-day suspension from games.
- b. Two game ejections due to improper conduct will suspend the player/coach/parent for the remainder of the season.

PLAYER CONDUCT

1. Inappropriate behavior will be dealt with individually.
2. If a player is ejected from a game, they must sit out the remainder of the game and the next scheduled game as well. If the player is ejected again within the season, the player will be expelled from the league.

ADMINISTRATIVE

1. We will try our best at rescheduling games unless time/weather restrains us from doing so.
2. Two technical fouls on players and or coaches will result in ejection from the game.

PRACTICES AND PARTICIPATION

1. All practices **MUST** be held at the YMCA. No practices, shoot around, or anything that could be deemed as a practice will be allowed outside of the YMCA.
2. Each Player **MUST** play a minimum of 50% of the game regardless of score or outcome.
3. If playing time becomes questionable, coaches will be required to fill out and record each players playing time and submit to Sports Director.
4. If a player arrives late he/she will play 50% of the remaining time left in the game.

BASKETBALL RULES: AGE 3

OBJECTIVES/PROGRESSION

1. Learning the fundamentals of offense:
 - Dribbling
 - Passing
 - Shooting
2. Learning the fundamentals of defense:
Hands up
Sliding the feet
Introduction of following your opponent

EQUIPMENT/COURT

1. Basketball Size: mini ball
2. The rim will be set at 6 feet
3. Proper athletic shoes and YMCA issued jersey are required for playing.

BASIC RULES

1. Games will consist of 4 quarters, 5 minutes with a running clock. *Clock will stop for timeouts or injury.
2. 1-minute break between each quarter
3. 3-minute halftime
4. No overtime or tie-breakers
5. No lane violations
6. Score will not be kept.
7. Home team will have first possession, then use alternating possession rule for the rest of the game. Ball will be in-bounded at half court to start each quarter.
8. The coaches may be on the court during games to instruct their players and officiate. Remember, this is instructional, if violations and fouls are called, they should always be explained to the player.
9. Teams may play man-to-man or zone defense. No double teaming or pressing is allowed.
10. Defense must set up behind the perimeter of the 3 point line. This will disallow pressuring the offense and will allow the offense to advance the ball past half court.
11. Once a team obtains possession of the ball in its own backcourt (rebound, steal), the other team must get back on defense.
12. Substitutions: The score keeper will hit the buzzer at the 2:30 mark for substitutions. This is not a timeout; please try to sub as quickly as possible.
13. No Fast Breaks Allowed

BASKETBALL RULES: AGES 4-5

OBJECTIVES/PROGRESSION

1. Learning the fundamentals of offense:
 - Dribbling
 - Passing
 - Shooting
2. Learning the fundamentals of defense:
 - . Hands up
 - . Sliding the feet
 - . Introduction of following your opponent

EQUIPMENT/COURT

1. Basketball Size: Youth 27.5
2. The rim will be set at 6-8 feet
3. Proper athletic shoes and YMCA issued jersey are required for playing.

BASIC RULES

1. Games will consist of 4 quarters, 6 minutes with a running clock. *Clock will stop for timeouts or injury.
2. 1-minute break between each quarter
3. 3-minute halftime
4. No overtime or tie-breakers
5. No lane violations
6. Score will not be kept.
7. Home team will have first possession, then use alternating possession rule for the rest of the game. Ball will be in-bounded at half court to start each quarter.
8. The coaches may be on the court during games to instruct their players and officiate. Remember, this is instructional, if violations and fouls are called, they should always be explained to the player.
9. Teams may play man-to-man or zone defense. No double teaming or pressing is allowed.
10. Defense must set up behind the perimeter of the 3 point line. This will disallow pressuring the offense and will allow the offense to advance the ball past half court.
11. Once a team obtains possession of the ball in its own backcourt (rebound, steal), the other team must get back on defense.
12. Substitutions: The score keeper will hit the buzzer at the 3:00 mark for substitutions. This is not a timeout; please try to sub as quickly as possible.
13. No Fast Breaks Allowed

BASKETBALL RULES: AGES 6-7

OBJECTIVES/PROGRESSION

1. Understanding general positions
2. Controlled and Continuous dribbling
3. Defensive Mindset
4. Passing to teammates

EQUIPMENT/COURT

1. Basketball Size: Junior 27.5
2. The rim set at 8 feet.
3. Proper athletic shoes and YMCA issued jersey are required for playing.

BASIC RULES

1. Games will consist of 4 quarters, 8 minutes with a running clock. *Clock will stop for timeouts and injuries.
2. 1-minute break between each quarter
3. 3-minute halftime
4. One 2-minute overtime. If after overtime, if game is still tied, the game is over.
5. No lane violations, free throws, or foul shots will be taken in this age group.
6. Score will be kept.
7. Home team will have first possession then use alternating possession rule for the rest of the game. Ball will be in-bounded at half court to start the game and each quarter.
8. One coach will be allowed on the court during games to instruct their players.
9. Teams may play man-to-man or zone defense. No double teaming or pressing is allowed.
10. Defense must set up behind the perimeter of the 3 point line. This will disallow pressuring the offense and will allow the offense to advance the ball past half court.
11. Once a team obtains possession of the ball in its own backcourt (rebound, steal), the other team must get back on defense.
12. Substitutions: The score keeper will hit the buzzer at the 4:00 mark for substitutions. This is not a timeout; please try to sub as quickly as possible. Subs may take place on any dead ball. All players MUST play 50%.
13. No Fast Breaks Allowed in traffic. If a rebound is received far enough away from other players, in space, that there does not pose a safety concern of running into other players they may continue to advance the ball down the court.
14. Each team is allowed two 60 second timeouts per half. Timeouts will not carry over and must be used in that half. All timeouts must be called by the head coach.
15. No stealing will be allowed, however, stealing on a pass that is in the air is allowed. If an offensive player is in possession of the ball a defensive player may not take the ball away from them. Illegal steals will be whistled dead and the ball will be given back to the team who was in possession.

BASKETBALL RULES: AGES 8-9

OBJECTIVES/PROGRESSION

1. Better Understanding of positions
2. Advancement of the ball on offense
3. Introduction of set plays
4. Defensive Strategies

EQUIPMENT/COURT

1. Basketball Size: Regulation 28.5
2. The rim will be set at 9-10 feet
3. Proper athletic shoes and YMCA issued jerseys are required for playing.

BASIC RULES

1. Game will consist of 4 quarters, 8 minutes each with a running clock (will stop only for timeouts, injuries and last minute of the second half for dead balls unless a team has a 20+ point lead- the clock will then run)
2. Two Time-Outs per half (60 seconds)
3. 3-minute half time
4. One overtime (2 minutes). If after overtime the game is still tied, the game is over.
5. Score will be kept. Home team will have first possession. Then use alternating possession rule for the rest of the game. Ball in-bounded at half court to start the game and each quarter.
6. Coaches are not allowed on the court. They must sit on the bench with their team and coach from there. Only the Head Coach will be able to communicate with the referees during play.
7. Substitutions: Teams can sub players at any Dead Ball situation or mid-quarter marker.
8. Player and team fouls will be counted. Free throws will be taken on shooting fouls.
9. Each player has 5 fouls. On the fifth foul, the player is out of the game.

A. OFFENSIVE

- . No Stalling or Isolation plays on offense.
- . Fast breaking is allowed on rebounds and steals, etc... until a team has a 10-point lead, and then the defense must be allowed to set up.
- . Traveling and double dribbling: These will be called at this age group. For the first two (2) games, referees will be asked to be more lenient and explain the violation when it is seen. Beginning with the 3rd game, these will be strictly enforced.
- . Once a team obtains possession of the ball in its own backcourt (rebound, steal, etc.) they cannot be pressured by the defensive team. The offensive team will have 10 seconds to advance the ball to the front court. Once the offense advances past half court defense may pressure.

B. DEFENSIVE

- . Play man-to-man defense and zone defense.
- . No full court pressuring at any time during the game. No trapping at any time.
- . Defensive players should be taught to set up no closer than the top of the key in their own backcourt to await the offensive team. (If the offensive team elects to fast break, the defense will be allowed to pressure the ball beginning at the half-court.)
- . Steals are allowed without contact. If a player makes contact on an attempted steal, possession will be awarded to the opposing team.

BASKETBALL RULES: AGES 10-11

OBJECTIVES/PROGRESSION

1. Offensive-ability to break defensive pressure
2. Defensive-ability to apply defensive pressure

EQUIPMENT/COURT

1. Ball Size: Regulation 28.5
2. The rim will be set at 10 feet
3. Free throws taken from 15 feet (regulation)
4. Proper athletic shoes and YMCA issued jersey will be required for playing.

BASIC RULES

1. Game will consist of 4 quarters, 9 minutes each with a running clock (will stop only for time-outs, injuries and last minute of the second half for dead balls unless a team has a 20+ point lead- the clock will then run)
2. 3 timeouts per half (60 seconds)
3. 3-minute half time
4. One 2-minute overtime. After first overtime, if still tied, the game is over.
5. Games may start and be played with 4 players
6. Start the game with a jump ball, then use alternating possession rule for the rest of the game.
7. Coaches are not allowed on the court. They must sit on the bench with their team and coach from there. Only the Head Coach will be able to communicate with the referees during play. Only head coach may stand on the sideline.
8. Substitutions: Teams can sub players at any Dead Ball. Coaches will need to send the players to the score table and wait for dead balls to be called and for the scorekeeper to hit the buzzer to alert referees that subs are ready.
9. Bonus penalty will take into effect on the 7th team foul each half. This will be a 1 and 1 until the 10th team foul.
10. On the 10th team foul of the half, there will be a double bonus or 2 foul shots.
11. Each player has 5 fouls. On the fifth foul, the player is out of the game.

A. OFFENSIVE

- . Offensive 3-second lane violations will be called.
- . Over and back violation rule applies.
- . Free throw restrictions: players lined up along free throw lane can enter the lane when the ball has been released by the free thrower. The free thrower and everyone behind the 3-point line have to wait until the ball hits the rim.
- . No Isolation plays on offense.
- . No Stalling. There will be a 5 second count on the ball when closely guarded (within arm's length).
- . Fast breaking is allowed on rebounds and steals, etc... until a team has a 20-point lead and then the defense must be allowed to set up before proceeding.
- . Traveling and double dribbling will be strictly enforced.
- . The offensive team will have 10 seconds to advance the ball to the front court. The defensive team can start playing defense at the half court line.

- . After a team has a 20-point lead, they must set up on defense and not press until the 3-point line.

B. DEFENSIVE

- . Play man-to-man defense and zone defense.
- . No full court pressing, except in the last 60 seconds of each half and less than 20 point lead.
- . Half Court pressing is allowed as long as the lead has not exceeded 20 points.
- . No full court traps allowed. Half court trap allowed only in last 60 seconds of each half. As long as there is less than a 20 point lead.
- . If the offensive team elects to fast break, the defense may apply pressure full-court. If the offensive team walks the ball up the court, the defense may not pressure until half court.

BASKETBALL RULES: AGES 12-15

OBJECTIVES/PROGRESSION

1. Advanced offensive strategies & set plays
2. Improved shot selections and decision making
3. Advanced defensive strategies
4. Team captains and leadership positions

EQUIPMENT/COURT

1. Ball Size: Regulation 29.5
2. The rim will be set at 10 feet
3. Free throws taken from 15 feet (regulation)
4. Proper athletic shoes and YMCA issued jersey will be required for playing.

BASIC RULES

1. Game will consist of 4 quarters, 9 minutes each with a running clock (will stop only for time-outs, injuries and last minute of the second half for dead balls unless a team has a 20+ point lead- the clock will then run)
2. 3 timeouts per half (60 seconds)
3. 3-minute half time
4. Game may start and be played with 4 players
5. Start the game with a jump ball, then use alternating possession rule for the rest of the game.
6. Coaches are not allowed on the court. They must sit on the bench with their team and coach from there. Only the Head Coach will be able to communicate with the referees during play.
7. Substitutions: Teams can sub players at any Dead Ball. Coaches will need to send the players to the score table and wait for dead balls to be called and for the scorekeeper to hit the buzzer to alert referees that subs are ready.
8. Bonus penalty will take into effect on the 7th team foul each half. This will be a 1 and 1 until the 10th team foul.
9. On the 10th team foul of the half, there will be a double bonus or 2 foul shots.

A. OFFENSIVE

- . Offensive 3-second lane violations will be called
- . Over the back violation rule applies.
- . Free throw restrictions: players lined up along free throw lane can enter the lane when the ball has been released by the free thrower. The free thrower and everyone behind the 3-point line have to wait until the ball hits the rim.
- . No Isolation plays on offense.
- . No Stalling. There will be a 5 second count on the ball when closely guarded (within arm's length).
- . Fast breaking is allowed on rebounds and steals, etc... until a team has a 20-point lead and then the defense must be allowed to set up before proceeding.
- . Traveling and double dribbling will be strictly enforced.
- . The offensive team will have 10 seconds to advance the ball to the front court. After a team has a 20-point lead, they must set up on defense and not press until the 3-point line.

- . Please take into consideration the other team if the score gets lopsided...20+ points. (**Show good sportsmanship** and slow the ball down instead of fast break lay-ups if you are up by 20+ points)

B. DEFENSIVE

- . Play man-to-man defense and zone defense.
- . Half and full court pressing is allowed. Except when there is a 20+ point lead
- . Half court trap is allowed throughout the entire game. Full court trap is allowed only in the last 60 seconds of each half.
- . After a team has a 20-point lead, they must set up on defense and not press until the 3 point line.