



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

IRVING FAMILY YMCA SPORTS DIVISION

RECREATIONAL YOUTH BASKETBALL

RULES & REGULATIONS

Revised 11/29/2017

Schedules and results may be found on our website www.teamsideline.com/irvingymca

All games will be played by the current National High School Federation rules, Texas Amateur Athletic Federation (T.A.A.F.), and Irving Family YMCA local guidelines.

The Irving Family YMCA is committed to Strengthening the Foundation of our Community through programs that focus on Youth Development, Healthy Living and Social Responsibility.

All rules in this book will be enforced by the game officials, YMCA Sports Staff, YMCA Sports Director, and the Sports Committee. Some rules contain penalties and penalty limits, others do not. On those rules that do not contain a penalty, the YMCA Sports Director and /or the Disciplinary Sub-committee of the Sports Committee have full authority to impose whatever penalty they deem appropriate for the violation. The YMCA Sports Committee will assist the Sports Director in setting and implementing rules and policies that govern this program.

YMCA SPORTS PLEDGE

I PLEDGE TO PLAY THE GAME, THE BEST THAT I CAN, TO BE A TEAM PLAYER, TO RESPECT MY OPPONENTS, THE RULES AND OFFICIALS, AND IMPROVE MYSELF IN MIND, BODY, AND SPIRIT.

Games will start with the YMCA Pledge or a prayer and end with a handshake between all players and coaches. Home team is responsible for this.

I. ELIGIBILITY

1. Players will be in one of four divisions of ages 6-Under, 8-Under, 10-Under, or 13-Under
2. Age determination for the division is September 1 of the current school year. 6U for ages 5-6 years old. 8U for ages 7-8 years old. 10U for ages 9-10 years old. 13U for ages 11-13 years old.
3. Players are not allowed to play in a younger age division or play in the recreational league from the competitive league. They may, however, play up in an older age division, upon parental or guardian consent. If any coach(es) is found in violation of this rule, they will be ejected from the game and suspended for a minimum of two practices and two games.

II. ROSTERS

1. Each team is allowed a minimum of five and a maximum of ten players. An exception will be made, a team will be allowed to have more than 10 players, only if the team's head coach informs the YMCA Sports Director in writing that they are willing and able to accept more than 10 players – it will then be up to the coach to ensure that each player receives adequate playing time.
2. **All roster additions and drops must be approved and organized by the Irving Family YMCA Sports Director.**
3. **All team rosters must and will be finalized by the 3rd (third) game of the season**

III. EQUIPMENT/UNIFORMS

1. All players on each team must wear the assigned Irving YMCA jerseys that are matching in color which have a permanently affixed, non-duplicated, six (6) inch number on the back, and a four (4) inch number on the front of the jersey. Single digits larger than #5 are not allowed. Legal numbers are...0, 00, 1-5, 10-15, 20-25, 30-35, 40-45, 50-55. Jerseys without numerals or jerseys with taped, pinned, or handwritten numerals will not be allowed.
2. Players must wear shoes designed for indoor wood court surfaces. NO "turf shoes" or other blacksoled shoes will be allowed. Players may not play barefooted or in stocking feet.
3. Referees may ban any equipment that they deem as unsafe or illegal.
4. No jewelry may be worn at any time during the game.

IV. PLAYER PARTICIPATION

1. It is recommended that each player to play two complete quarters per game.
2. If a team does not have the mandatory 4 players to start a game, a team may use a player from another team within the same age division. Children who play up, may at no point during the season play in a lower division unless approved by the Sports Director. Children must play in the league/division they registered in. Teams may only use players that are registered with the Irving Family YMCA youth basketball league.

V. PLAYING RULES

1. Teams should be present 15 minutes before game time.
2. A line up must be turned into the scorekeeper at least 10 minutes prior to game time. Line-ups must include last name, first name, and jersey number.
3. **A forfeit will be assessed to teams who do not have the minimum number of players (4) at game time**
4. Game length for:
 - a. 6U division will be four, six-minute quarters.
 - b. 8U & 10U & 13U division will be four, eight-minute quarters.
5. The clock will run continuously through each quarter except for time-outs, injuries, and official's time-outs. Only, during the last 30 seconds of each half, the clock will stop for all whistles.
6. Point Spread Rule: If one team is ahead by fifteen (15) or more points during the last two (2) minutes of each half, the clock will remain a running clock except for time-outs and free throws.
7. The goal height will be:
 - a. 8 ½ feet for 6U and 8U, 10 feet for 10U and 13U
8. The free throw line distance will be:
 - a. 6U – Allowed to take 1-2 steps inside 13'6"
 - b. 8U, 10U, 13U - 13'6"
9. Basketball sizes utilized:
 - a. 13U - Official Men's Basketball - 29.5"
 - c. 8U & 10U - Official Women's Basketball - 28.5"
 - b. 6U – Junior Size Basketball – 27.5"
10. The "three second" lane violation rule will be:
 - a. 6U division will not have a lane violation rule.
 - b. 8U, 10U, and 13U divisions will have a five second lane violation.
11. Full court press:
 - a. 6U – No full court press
 - b. 8U – Full court press is allowed the last minute of the 4th quarter and overtime.
 - c. 10U and 13U – Full court press is allowed the last two minutes of each half and overtime.
 - d. 8U, 10U, and 13U Divisions: If one team is ahead by fifteen (15) or more points at any point in the game, the team that is ahead will not be allowed to full court press until the point differential is below 15 points.

- e. VIOLATION: Each team shall be issued one warning per half, in which the whistle is blown, and the offended team brings the ball in play on their offensive front court at the mid-court opposite the scorer's table and team benches. Additional violations shall result in a technical foul.

12. Defense:

- a. 6U – Man-to-Man/Wrist-Band Defense only
- b. 8U, 10U, 13U – any type of half-court defense

13. Match-Ups (Defense): 6U division only - Before each game, both teams will line up in front of the score table to be assigned defenders by the referee or YMCA Sports Staff. Wristbands will be given to only 6U teams at the time of the game. The wristbands are color coordinated and the people guarding each other will have the same color wristband. Players can only guard the player with the same color wristband. Additionally, the coaches will be substituting players in and out with the same color wristband if applicable.

14. Illegal Man-to-Man Defenses: 6U division only

- a. When a defensive player does not closely guard their man once his man crosses midcourt.
- b. When a defensive player backs off their man and stays under the basket to wait for rebounds.
- c. When a defensive player changes who they are guarding an unusual number of times during the quarter. This is to prevent a team from putting their best defensive player on whoever brings the ball across midcourt.
- d. Double teaming is not man-to-man defense.
- e. Zone trapping is not man-to-man defense.
- f. The defense cannot guard the person bringing the ball across half court until they have crossed over the half court line. Once the ball has crossed this line, the defender can guard the ball anywhere on that end of the court.

15. The ten second rule for offensive teams to advance the ball past half court will be in effect during all games.

16. Three-point shot:

- a. Will be in effect for 8U, 10U & 13U

17. A three-minute halftime will be observed.

18. Each team will be allowed four one-minute time outs per game.

19. Teams must have four players to start a game and can legally play with four players without forfeiting.

20. All substitutes must check in at the scorer's table and wait for an official to allow them to enter the game.

21. The one-and-one bonus will be in effect on the seventh team foul of each half.

22. The double bonus will be in effect on the tenth team foul of each half.

VI. BENCH RULES

1. Only the eligible players on the official roster and two coaches only will be allowed on the team bench and in the team area. A warning will be given at the first offense then a technical foul will be called on the offending team if rule is not followed.
2. All coaches must go through the Volunteer Matters Verification be on the player's sideline. Up to three (2) coaches can be at the player's bench. At no point in the game will coaches be allowed to be on the court during game play.

VII. OVERTIME

1. If the score is tied at the end of regulation play for 8U,10U & 13U, a two-minute overtime will be played; the clock stopping only for time-outs. (Only one overtime period will be played)
2. One additional time-out will be awarded per team in overtime.
3. 6U Division will not go into overtime; it will end as a tie.

VIII. TIE BREAKER PROCEDURE

1. In case of a tie for tournament positions at the conclusion of the season, the following tie-breaker procedure will be used to determine places:
 - a. Head to Head result(s) between teams tied.
 - b. If teams are still tied, point differential in all league games for the teams tied will be used.
 - c. If teams are still tied, points scored against each tied team will be used.

IX. REFUNDS

1. Credits or refunds will not be granted once registration has ended unless the program has been cancelled.
2. Credits or refunds will not be given for forfeited games.
3. Credits or refunds will not be given due to team not having a coach
4. Credits or refunds will not be given for incorrectly reported jersey sizes

X. PRACTICE & GAME RESPONSIBILITIES

1. Teams are provided one weekly practice time a week. Practice will last no longer than 1 hour and cannot be held after 9:00pm. A team may have no more than 3 meetings (game and practice) per week, with no more than 2 practices occurring on school nights (Sunday-Thursday). Note: There may be times that your practice time is cancelled due to a Irving ISD function or gym maintenance. We will try to notify coaches with as much notice as possible.
2. Parents and guardians cannot leave their child unattended at practice. Parents/guardians must stay with their children during the entirety of the practice. No one is allowed in any areas beside the gymnasium or restrooms located closest to the bathroom. Entering all other areas of the school is prohibited. The first violation of this rule will result in a warning to the coaches and parents. A second violation of this rule will result the loss of practice space for one week. A third violation of this rule will result in the loss of your practice space at Irving ISD
3. There will be no rescheduling opportunities because of game conflicts outside of the Irving Family YMCA. Once the schedule is set, no rescheduling or adjusting request will be granted.
4. Coaches should tell players to provide their own practice balls.
5. No food or drink will be allowed in the gym at any time.
6. All players shall provide their own socks, shoes and shorts for games.
7. A copy of the game schedules and these rules are available on our website www.teamsideline.com/irvingymca
8. Game balls will be provided.

XI. PARENT/SPECTATOR, COACH AND PLAYER CODE OF CONDUCT

It's simple: BE A GOOD SPORT!

Children's sports are supposed to be fun **and for the children**. Unfortunately, many parents, fans and coaches don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults. The code of conduct for this league has been developed by National Youth Sports Safety Foundation (NYSSF) Irving Family YMCA Sports Division.

Parents, fans and coaches who follow this simple code can help reinforce what sports are all about...

BEING FUN FOR EVERYONE!

1. Teams and spectators should demonstrate good sportsmanship! Team chants/cheers and spectator and coaches' comments should not be derogatory or demeaning towards opposing teams/players/coaches.
2. Spectators or players are not permitted to approach the score table or referee at any time. Only the head or assistant coach has authority to speak with the score table or referee if there is a question.
3. Spectators and coaches will be a positive role model for children and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, spectators, officials, and staff at every game, practice or league event.
4. Spectators, coaches and players will not engage in any kind of unsportsmanlike conduct with any staff, official, coach, player or spectator such as booing, taunting, refusing to shake hands, or using profane language or gestures.
5. Spectators, coaches and players will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
6. Spectators and coaches should praise their team members for competing fairly, trying hard, and make the children feel like a winner every time, regardless of the score!
7. The use of drugs, tobacco, and alcohol during youth sports is prohibited by City ordinance. Spectators, coaches and players will refrain from their use during all league activities.
8. Parents, remember that all coaches are volunteers! Respect the fact that they are willing to give so much of their time to your child.
9. Each team's coach is held responsible for the conduct of their fans/spectators/team participants.
10. Officials, score keepers, and Irving Family YMCA Sports staff have the authority to remove a player, coach, or spectator from a game and can declare the game a forfeit due to unsportsmanlike conduct.
11. Any player, coach, or spectator ejected from any league activity is suspended for a minimum of one (1) week from all Irving Family YMCA league activities. The suspension could be longer depending on the severity of the infraction. Suspensions are not eligible for appeal.
12. Players, coaches, and spectators who have been ejected must leave the complex and may not return until the completion of their suspension.
13. No fighting is allowed. First offense is a suspension for the rest of the season, second offense results in one-year loss of eligibility in all league play or indefinite suspension if deemed severe.

14. If spectators, players, and/or coaches fail to abide by the code of conduct, they will be subject to disciplinary action as decided by Irving Family YMCA Sports Division. Disciplinary action could include, but is not limited to: verbal warnings, written warnings, ejections, and suspensions for various lengths.

15. Suspensions carry over from season to season, and are enforced for all Irving Family YMCA Youth Sports leagues.

The league rules may be changed by the Irving Family YMCA Sports Division, in order to provide a safe and fun league for all participants.