



Richardson YMCA Youth Basketball Rules
Playing Format Quick View

Division/Grade	Ball Size	Goal Height	Free Throw	Time Outs	Game Length	Court Size
K-2nd	27.5"	8 Feet	10 Feet	1 Per Half	8-min quarters	Half Court
3 rd Boys	27.5"	9 Feet	10 Feet	2 Per Half	8-min quarters	Full Court
3 rd -4 th Girls	27.5"	9 Feet	10 Feet	2 Per Half	8-min quarters	Full Court
4 th Boys	28.5"	10 Feet	12 Feet	2 Per Half	8-min quarters	Full Court
5 th -7 th Girls	28.5"	10 Feet	15 Feet	2 Per Half	8-min quarters	Full Court
5 th -6 th Boys	28.5"	10 Feet	15 Feet	2 Per Half	8-min quarters	Full Court
7 th -8 th Boys	29.5"	10 Feet	15 Feet	2 Per Half	8-min quarters	Full Court

GAME RULES

(Unless otherwise stated herein, NFHS basketball rules apply.)

K - 2nd grade: The home team is responsible for providing a volunteer to run the clock.

3rd grade & up: Each team is responsible for providing a volunteer to run the scoreboard or keep the book.

1. YMCA Pledge

Before each game both teams will recite the YMCA pledge at mid-court.

2. Game Clock

(a) Official game time is kept on the scoreboard if a scoreboard is available. The referee will keep the official time when a scoreboard is not available.

(b) **Game Length:** Four, 8-minute quarters for all grades.

(c) **The clock will stop for the following reasons:**

- Half time (3 minutes) and time between quarters (1 minutes);
- A requested team time out (2 per half and 1 per overtime period each lasting 1 minute)
- Official timeout for injury or for any other reason; and
- On each whistle during the last 2 minutes of the second half except if the score differential is 10 or more (3rd grade & up only)

(d) **Game Score:** Will only be posted on the scoreboard for 3rd grade & up. K - 2nd grade are developmental leagues and a score will not be kept.

3. Timeouts

(a) Each team is allowed two team timeouts per half (3rd grade & up) and one team timeout for the entirety of any overtime period. A team timeout lasts one minute. K - 2nd grades are allowed one timeout per half.

(b) A timeout can be called by the Head Coach or one of the team members on the playing court.

4. Coaches on the Court

No coaches, parents, fans, or spectators will be allowed on the court during 1st - 8th grade games. Coaches are not allowed on the court at any time and must remain in their designated benches areas. The only exception is in the Kindergarten divisions.

5. Required Players

(a) A minimum of 4 players per team must be present to start a game. If both teams have at least 4 players present at game start time, the game must start. A team with 5 or more players present is not required to play with less than 5 players on the court even if the opposing team only has the minimum of 4 players present. However, in the heart of sportsmanship, a coach may choose to play only 4 players if the opposing team does not have a 5th player.

(b) When a team's 5th player arrives during the game, the 5th player may enter the game at any whistle.

(c) If **five** minutes after game start time, a team does not have at least 4 players present and ready for play, the referee will declare the game a forfeit

6. Player Participation/Substitution

(a) There will be no substituting in the 1st quarter (for all grades) unless there is an injury or a team has more than 10 players present at the game.

(b) Any player not playing in the 1st quarter must play the entire 2nd quarter (for all grades).

(c) Free substitution is allowed in the second half for 3rd grade & up. All players must play in the second half. Coaches are required to play all players a minimum of half of the game. If there are more than 6 players in attendance, each player must sit out at least one full quarter (8 consecutive minutes in the same quarter).

d) **Exception** – Those teams with more than 10 players in attendance shall be allowed to substitute freely in order to meet the “every player shall play half of the game” objective.

Substitutes are as important to the game as the players playing the game are. Everyone needs time to rest, watch the game, talk to the coach, learn from the coach, and cheer on the team. Support from the sideline can bring the players on the floor to a higher level. When players are substituted, it is not because they made a mistake, it's because the coach felt they needed a rest, or he wanted to teach them something. Never pull a player out of a game because of a mistake.

7. Scoring

(a) K - 2nd grade games, no score will be kept. No Free Throws.

(b) In 3rd grade & up, if a three-point line does not exist, all baskets score two points. Free throws score one point. If a three-point line does exist, baskets scored from outside the three-point line count three points.

(c) Mercy Rule:

-In the spirit of sportsmanship and with the child's self-esteem in mind, anytime a team has a 20 point lead the scorekeeper will reset the scoreboard. Both teams will start at 0-0 and play the remaining time. For 3rd grade & up divisions the scorekeeper will continue to keep the running score in the book.

-Teams in the 1st & 2nd grade division will be restricted to the key area when in the judgment of the referee one team is overwhelming the other. All defensive players must have at least one foot in the key. The key is defined as the free throw line and both lines on each side of the free throw lane. -Teams in the 3rd grade & up divisions will be restricted to inside the 3 point circle and are not allowed to steal or tie-up the ball if the offensive team has control of the ball, when ahead by 14 points. All defensive players must have at least one foot inside the 3 point circle.

8. Basket Height: See above grid for Winter basketball. Summer basketball noted below.

9. Free Throw Distances (measured from the backboard): See above grid.

10. Overtime

(a) K - 2nd grades: No overtime. Games will end in a tie.

(b) 3rd grade & up: If the score is tied at the end of regulation game time, there will be one 3-minute overtime period. The clock will not stop, except for timeouts, injuries & free throws. If the score is tied at the end of the overtime period, the game will be over and the score will remain tied.

11. Defense and Full-Court Press

(a) **K – 2nd grade:**

1. Arm bands will be provided for defensive assignments. Coaches and officials will match-up players based on size and skill level. (2nd Grade Boys are not required to wear arm bands after the 3rd game; see 11(10). Arm bands may only be changed at the beginning of a quarter or after substitutions.

a) Black = Best overall player and most likely to score, handle the ball and rebound

b) Blue = 2nd best overall player and 2nd most likely to score, handle the ball and rebound

c) Red = 3rd best overall player and 3rd most likely to score, handle the ball and rebound

d) Yellow = 4th best overall player and 4th most likely to score, handle the ball and rebound

e) White = 5th best overall player and 5th most likely to score, handle the ball and rebound

2. Each team must be allowed to move the ball past the centerline unhindered by the opposing team (No Press).

3. No Double Teams are permitted at any time.

4. Loose balls and passes may be picked up by the defense.

5. Shot blocking is allowed in Kindergarten and up. Shot blocking does not consist of taking the ball from the hands of a player in possession of the ball. A shot block is tipping or batting a try for goal. A try is defined as a throw, tip or bat of the ball towards a player's basket. This implies shots may not be blocked until after the ball is in motion towards the goal.

6. Stealing: Players may not steal the ball except for the following exceptions:

a) 1st grade boys and 2nd grade girls can steal the ball but only from the player with the same color wrist band and only off the dribble. They cannot steal the ball when the player is just holding it.

b) 2nd grade boys can steal the ball anytime but only from the player with the same color wrist band if wrist bands are used. If wrist bands are not used then they can steal the ball from anyone at any time.

- These rules are in place to encourage the offensive player to learn how to pass or dribble with correct form without the pressure of having the ball stolen.

7. For grades 1 and 2 any player may stop a fast break but must return to their player after the fast break is over (when the offensive team pulls the ball out and sets up their offense).

8. Defenders must yield at least 3 feet to the offensive player on throw-ins.
9. Kinder-2nd grade girls man to man defense only. 2nd grade boys can play zone or man to man starting the 4th week of game provided both teams agree not to wear wristbands.
10. If a 2nd grade boys team needs to continue wearing wristbands after the 3rd game both teams must wear wristbands for learning purposes. Please discuss this with your game official and opposing coach before the game begins.

Grade	Shot Blocking	Stealing Off of the Dribble	Stealing From a Player Holding the Ball
Kinder	Yes	No	No
1st Boys	Yes	Yes, From Same Color Arm Band	No
1st Girls	Yes	No	No
2nd Boys	Yes	Yes	Yes
2nd Girls	Yes	Yes, From Same Color Arm Band	No

(b) K – 2nd grades: **No full-court press is allowed.** Defensive players must retreat across the mid-court line to the top of the key. The defense may extend past the top of the key only after the basketball crosses the mid-court line. This will be enforced after steals, rebounds, and after the offensive team scores.

(c) **3rd - 4th grades:** Defensive players must retreat across the mid-court line to the top of the key. The defense may extend past the top of the key only after the basketball crosses the mid-court line. This will be enforced after steals, rebounds, and after the offensive team scores. Zone or man to man defense is allowed. Full-court press is allowed during the last 2 minutes of the game and overtime provided the score differential is less than 10 points.

(d) **5th grade & up:** Full-court press is allowed. Any team who leads a game by 10 or more points must discontinue to full-court press immediately. While leading by ten or more points, the defense must go back to the top of the key, until the ball crosses the mid-court line.

12. Offensive Lane Violations

- (a) K - 2nd grades: **not called**
- (b) 3rd - 4th grades: **5 seconds**
- (c) 5th grade & up: **3 seconds**

13. Fouls

(a) K - 2nd grades will not keep track of fouls. Excessive fouling and/or aggression will lead to “benching” or possible ejection of a player (at the referee’s discretion).

(b) 3rd grade & up will keep track of fouls. 5 fouls will be allowed for 3rd grade & up before disqualification.

(c) All technical fouls on bench personnel, team attendants or spectators are assessed to the offender and, in addition, are charged to the head coach (or acting head coach). The head coach (or acting head coach) shall be asked to leave the gymnasium after 2 bench technical fouls have been called on him/her.

14. Officials/Coaches

- (a) In all divisions, the YMCA will provide trained basketball officials to run each game. 1 official for K - 2nd grade and 2 officials for 3rd & up.
- (b) Kinder: Each team may designate one coach to be on the court to assist the players during the game. Coaches should never enter the lane and should avoid interference with game play. All other coaches and parents should remain on the sideline.
- (c) The official will be in charge of the game and will have the authority to remove, at their discretion, participants or spectators who exhibit poor sportsmanship. Abuse, verbal or physical, of an official will not be tolerated and may lead to ejection from a game and/or permanent ejection for the season. Coaches are responsible for the behavior of parents/fans of their team.
- (d) All coaches must remain seated during the game. Exceptions are allowed for head coaches in the following situations: spontaneous celebrations, conferring with the scorer's table, addressing players on the bench, call a time out and to give brief instructions to the players on the floor to set up offense/defense. The duration of these situations should not last longer than 5 seconds except for conferring with the scorer's table.
- (e) The Head Coach is the only bench personnel who may address an official. There may only be two adult coaches on the bench, the Head Coach and one assistant.

15. Points of Emphasis

- (a) Rough Play – Rough play will be watched closely. Officials will be instructed to call fouls on rough play at all levels. At the K – 2nd grade levels, players will be sat down for the remainder of the quarter or half depending upon the severity and timing of the offense, subject to the official's judgment. Rough play at this level can include multiple fouls by the same player in a quarter.
- (b) Kindergarten – Running with the ball. In games 1 – 4 if a player runs with while holding the ball the play will be stopped and returned to the offending team with an explanation to the player. In games 5 – 8, the ball will be awarded to the other team.
- (c) 1st Grade – Double Dribble. In games 1 – 4 if a player dribbles the ball then picks it up and dribbles again, the play will be stopped and returned to the offending team with an explanation to the player. In games 5 – 8, the ball will be awarded to the other team.
- (d) 2nd Grade – Travelling & Double Dribble. In games 1 – 4 we will call travels and double dribbles of all types with the previous mentioned infractions being turnovers and the others being returned to the team. In games 5 – 8 all violations will be turnovers.
- (e) Head Decorations and Headwear- Rubber, cloth or elastic bands may be used to control hair. Hard items including but not limited to beads, barrettes and bobby pins are prohibited.

Summer Rules:

Divisions are organized by the upcoming fall school year.

Divisions may be coed.

3rd Boys/Girls and 4th Girls play with 8 foot goals.