



Basketball Rules

Idaho Falls Family YMCA

Goal

Our goal is to teach every child the game of basketball through maximum participation and to have fun during the season. Each child shall play at least 50% of each game.

Philosophy

Our philosophy is to put winning and competition into perspective. We support kids first, winning second while teaching sportsmanship, values – caring, honest, respect and responsibility, and to have fun.

Roster

Teams will consist of 7-9 players

Player Uniform

- Tennis shoes – no hard sole shoes or black sole shoes
- No jewelry is allowed
- All players must wear their YMCA jersey

	K/1st/2nd Grade	3rd/4th Grade	5th- 8th Grade
Teams	5 v 5	5 v 5	5 v 5
Rim Height	8'	10'	10'
Court	Short Court	Full Court	Full Court
Ball Size	Junior 27"	Women's	Official
Game Length	2-20 minute halves	4 – 8 minute quarters	4 – 8 minute quarters
Game Start	Coin Toss	Jump Ball	Jump Ball
Free Throws	None	15'	15'
Substitutions	Dead ball	Dead ball	Dead ball
Full Court Press	None	None	Allowed – 10 sec backcourt
Defense	Man	Man and Zone	Man and Zone
Time Outs	2 per half	5 per game	5 per game
Technical Foul	Ejection	Ejection	Ejection
Steals	None	Allowed	Allowed

Players:

- Each team will consist of a minimum of 7 players and a maximum of 9 players.
- Each player must wear the YMCA jersey provided.
- No jewelry allowed.

Playing Time:

- All players must play equally regardless of ability or position.
- All games must start on time! Please arrive 10 minutes early to ensure all games start on time!
- If a team cannot field at least 4 players the game will be forfeited after a 5 minute waiting period.
- If a team has 4 or more players, the game will be started on time. A team with only 4 players will play against 5 players.
- 5 minute half time.

Game Administration:

- Basketball height: See table above.
- Basketball size: See table above.
- Game length: See table above.
- A jump ball or coin toss will determine start of game.
- Team will be given 5 (see table above) timeouts per game, 60 seconds in length.
- Substitution may be made at timeouts and on dead balls.
- Score will be kept on the scoreboard (for full court games). In the event the score has reached a 20 point differential the winning team's score will not be kept unless losing team scores again (displayed score will always be 20 or less differential).
- All substitutions check in at the score table and wait to be waived in by the referees.
- Possession arrow begins facing the directions of the team who did not receive the initial jump ball. During play, should a jump ball be called, possession arrow changes directions. At half-time, the possession arrow must be switched due to the fact that the teams change direction.
- At the beginning of each quarter, possession is given to the team who is to receive possession of the next jump ball.
- All in-bound plays will take place nearest the spot where the ball went out or where the foul occurred.
- Free throw line will be regulation (15 feet).
- Players must shoot from the regulation free throw line, but they can jump over the line if necessary (for 3rd/4th). However, the shooter cannot rebound their own shot.
- Games can end in a tie, no overtime.
- Clock stops in last 2 minutes of game on dead balls unless team has 15 or more point lead.

Defensive Regulations:

- Teams may play man-to-man or zone defense depending on age group (see table above).
- If full court press is allowed (see table above), teams may press until there is a 15-point lead. Once the lead is cut to less than 14 points, full court press may begin again.
 - First offense is a warning and second offense results in a technical foul.
- Backcourt time violation will be called (the offensive team has 10 seconds to cross half-court).

Offensive Regulations:

- Players have 5 seconds to inbound the ball.
- Players will have 10 seconds to bring the ball across half-court.
- Five-second violations will be called.
 - A five-second violation is when the offensive player is closely guarded, and is inactive (is not dribbling, passing, or shooting) for more than 5 seconds.
- Over and back will be called and result in a turnover.
 - Over and back is when an offensive player with possession of the ball crosses half court and then crosses back over the half court line or is passed to a player behind the line.
- The offensive team will be allowed 3 seconds in the key before a violation is called.
 - A lane violation is when an offensive player remains in the lane for more than 3 seconds without an attempted shot by the offense or without receiving a pass. After an attempted shot or receiving a pass, a new 3 second count will begin.

Violations (All rules not defined will be high school standard unless otherwise directed by officials):

- **Unsportsmanlike conduct will not be tolerated! All players, coaches, and parents will exhibit caring, honesty, respect and responsibility, before, during and after the YMCA Basketball practices and games.**
- All games will conclude with a sportsmanship line-up and hand shake/high five.
- Individual and team fouls will be recorded. Team fouls will be reset at half time.
- Each player is allowed 5 fouls per game. On the 5th foul, the player must sit out the remainder of the game.
- Each team is allowed 6 fouls. On the 7th team foul, the bonus situation takes effect (shoot one and one on the 7th team foul per half). The 10th team foul will be double bonus (shoot two free throws at 10th foul).
- Technical fouls will result in the opposing team receiving 2 free throws plus possession of the ball. The player that the technical foul was called against must go to the bench.
- If a player receives 2 technical fouls in a game, they will be ejected from the game and suspended from the next game. If a player received 3 technical fouls in a

season, they will be suspended for one game and the parents and player must meet with the Sports Director before being permitted to play again. Four technical fouls in a season will result in removal from the league, and no refunds will be given.

- If a coach receives 2 technical fouls in a game, they will be ejected from the game and suspended for the next game upon the Sports Director's discretion. Three technical fouls in a season will result in a minimum one game suspension. If a coach receives four technical fouls in a season, they will be removed from their coaching duties for the remainder of the season.
- Coaches are responsible for their players' behavior, as well as the behavior of the fans. If the official deems the behavior or actions of a fan inappropriate, a technical foul may be assessed against the coach.
- Coaches must stay within reasonable distance from their players' bench and may only approach the score table during time outs, half time or dead balls. Only one coach is allowed to stand at a time. First offense results in a warning and second offense is a technical foul.

Facility Use:

- Coaches will be held responsible for the proper care of the facilities.
- No food or drinks are allowed in the gyms at any time. Water may be used in non-breakable containers.
- An adult must escort all children whenever they leave the gym area. NO exceptions.
- Siblings of a player may come and watch, but must be under direct adult supervisions at all times. They MAY NOT roam freely throughout the YMCA, play in the racket ball courts or any other area.
- Basketballs are to be used only in the gym. No dribbling or passing in the hallways.

The YMCA officials and staff have full authority in the YMCA basketball programs and reserve the right to modify the interpretation of any rule in their discretion.