



YMCA of Greater Kansas City Basketball Rules

OUR MISSION - the YMCA, founded on Christian principles, is an inclusive association of people united to enrich the quality of family, spiritual, social, mental, and physical well-being.

OUR VALUES - In our youth sports programs, please keep in mind that the YMCA is all about values and character development for our children. Caring, Respect, Honesty and Responsibility are the four core values of the YMCA.

SPORTSMANSHIP - Coaches are responsible for team members and spectators supporting their team, before, during, and after the game. The referee will warn any coach or player displaying unsportsmanlike conduct. If the conduct does not improve then it shall be the referee's decision to eject that coach or player from the game. If a coach fails to control his parents who are exhibiting bad sportsmanship after a warning from the referee, it will be the referee's decision to forfeit the game in favor of the other team. If a coach is having problems handling a parent's conduct, please let your official and Sports Director know immediately.

The referee has control of the game; his/her decision is final. Any abusive language or undesirable conduct by a player, coach, or spectator will result in the disqualification of a player, coach, or team. Coaches are responsible for the behavior of their teams and spectators. NO CHIRPING at refs or players about calls or behavior.

Any excessive, abusive, or inappropriate behavior on the part of a player, coach, or spectator will result in a conference with the Sports Director and possible DISMISSAL from the YMCA Youth Sports program without refund.

DIVISIONS & EQUIPMENT -

K-1st Grade: Size 27.5 ball, 8 Foot Goal Height

2nd-3rd Grade Rookie: Size 27.5 ball, 8 Foot Goal Height

2nd-3rd Grade Advanced: Size 28.5 ball, 9 Foot Goal Height

4th-5th Grade: Size 28.5 ball, 10 Foot Goal Height

All Divisions play 5 vs. 5 on the court.

Required Gear:

- o All players must wear their YMCA provided basketball Jersey, and must be tucked in.
- o Players are required to wear athletic shoes with non-marking soles.
- o **NO jewelry is allowed.** Players should remove all jewelry (earrings, necklaces, bracelets, etc.) before warming up or playing. This is for the child's own safety and the safety of the other players.

TEAM ASSIGNMENT POLICIES - The Sports Director will put all rosters together. No player shall switch teams without the approval of the YMCA Sports Director and affected coaches.

PRACTICES - There may be one scheduled practice each week per team. Players are encouraged to notify their coaches prior to being absent from games and practices. Coaches should keep parents updated on practice times, date, location and any cancellations. Parents are encouraged to help coach if needed.

GAME TIME

Game duration for each division will be as follows:

- K-1st - (4) 8 minute quarters (Mandatory sub time every 4 minutes)
- 2nd -3rd - (4) 10 minute quarters (Mandatory sub time every 5 minutes)
 - o The substitution period is limited to substitutions only. 1 coach per team on the court for this limited to **30 second** of stoppage for subs. (Have subs ready before break.)
- 2nd-3rd Grade ADV - (2) 20 minute halves
- Half time will be 3 minutes in length.
- Each team gets two 30-second time-outs per half with no carry-over.
- K-3rd Grade will have a running clock and will only stop on time-outs, ref discretion, injuries, and mandatory subs time.
- 2nd -3rd Grade ADV will have a running clock and will only stop on time-outs, ref discretion, injuries, and under 2 minutes of second half if the score is within 15 points or less.
- There will be NO OVERTIME play in any age group during the regular season.

IMPORTANT REMINDERS

- Players and coaches are encouraged to show up at least 15 minutes prior to game time.
- Players, coaches and spectators **MUST** stay out of gym until current teams have cleared benches and stands.
- Every coach and team is responsible for assisting in cleaning up the facility and sideline area after each game. Encourage your parents and players to assist in clean up.
- Every coach is responsible for his/her own conduct first and foremost, followed by the conduct of his or her players and parents. REMEMBER as a YMCA coach you are a role model for the kids and extension of the YMCA's missions and values.
- Two technical fouls against a player or coach will be an automatic ejection from the game and a one game suspension from the next scheduled game. All spectator fouls will count against the coach's technical fouls.
- Coaches must stay on the bench and may not approach officials on the game floor. Only one coach can be standing at a time.
- Each team must provide a volunteer to help with official timekeeping and scorekeeping when applicable. (K-3rd Grade does not keep score, but needs a clock operator.)
- YMCA officials will try to do their best to officiate all games in a correct manner. Please do not challenge them during the game. Profanity and other forms of abuse towards referees, coaches, parents or players will not be tolerated.
- The YMCA properties and off- site programs are considered to be SMOKE FREE!

General GAME RULES for All Divisions

Referee

- There will be one or two referees per court. In the case that there is not a referee, coaches should step in and perform the duties of the referee.
- On occasion, one or more officials may stop play to explain a call or rule. This will be to assist in the development of each team.

Players

- There will be no forfeits. Teams will play with the same number of players on the court if the standard amount of players for each division is not available for each team. Teams may not play with more players than what is stated for their division. Minimum of 4 players needed to start a game.

Substitutions

- Coaches can substitute freely during the game on dead ball situations and/or during time outs. A substitution can be made for an injured player. All coaches **MUST provide equal playing time for all players.** Each player should **play at least half of each game.**

Start of Play

- Teams will warm up if time allows on the goal opposite of their bench.
- Teams will play offense in the direction opposite of their bench at tip-off and switch directions at half time.
- There will be a jump ball at the start of the game. In all ensuing jump ball situations, possession will alternate.

- o Any non-jumpers must be outside of the circle until possession is gained by either team.
- 3-Pointers are allowed in gyms with proper marking on the court.

Rules for K-1st Grade & 2nd-3rd Grade Divisions

- Fouls will be called but they will not count as personal fouls and no player will be disqualified
- All teams must play a man to man defense only. Each player must be within 5 feet of the player he/she is guarding.
 - o Double-teaming and traps are only allowed in the paint/lane and only on the player who has the ball
- When the defensive team establishes possession, the shooting team must retreat beyond the half-court line
- Passes are allowed to be stolen only after the basketball crosses the half-court line
- The first illegal defense will be a warning, repeat illegal defenses will result in a technical foul

Violations	K-1st Grade	2nd-3rd Grade
Double Dribble	Flexibly and progressively	Flexibly and progressively
Traveling	Flexibly and progressively	Flexibly and progressively
Inbounding the Ball	Counted, and then given another opportunity. No turn over. Just teaching.	5 seconds, then turnover
Lane Violation	NOT CALLED	NOT CALLED
10 sec Backcourt	Flexibly and progressively	Flexibly and progressively
Counting Fouls	NOT KEPT	NOT KEPT
Bench & Spectators	NO CHIRPING ALLOWED	NO CHIRPING ALLOWED
Double Teaming	NOT ALLOWED OUTSIDE THE LANE	NOT ALLOWED OUTSIDE THE LANE
Illegal Defense	Each player must be within 5 feet of the player he/she is guarding. No Guarding in back-court.	Each player must be within 5 feet of the player he/she is guarding. No Guarding in
Press	1/2 Court ONLY	1/2 Court ONLY
Stealing of Dribble	NOT ALLOWED	NOT ALLOWED
Stealing of Pass	ALLOWED	ALLOWED
Stealing of Loose Ball	Ref's Discretion (Only allowed in Front Court if applicable)	Ref's Discretion (Only allowed in Front Court if applicable)
Jump Ball/Tie-ups	NO PURPOSEFUL TIE UPS	NO PURPOSEFUL TIE UPS
1 and 1 bonus	NONE	NONE
Passing	Handing ball off is a pass and can be stolen by defense	Handing ball off is a pass and can be stolen by defense
Goal Height	8 foot	8 foot
Ball Size	27.0 or 27.5	27.0 or 27.5
Game Length	Four 8 min quarters	Four 10 min quarters
Time Keeper	One volunteer from either Team	One volunteer from either Team
Score Keeper	NONE NEEDED	NONE NEEDED
Substitutions	Mandatory every 4 minutes	Mandatory every 5 minutes
Length of Mandatory Sub matchup period	30 seconds max	30 seconds max
Time outs	Two 30 second time outs per half (not carried over)	Two 30 second time outs per half (not carried over)
Score Kept	NOT KEPT	NOT KEPT
Free Throws for Shooting	Shoot 1 hash mark closer in from the free throw line	Shoot 1 hash mark closer in from the free throw line
Free Throw Lane Violation	Flexibly and progressively	Flexibly and progressively
Defensive Formation	MAN-TO-MAN ONLY	MAN-TO-MAN ONLY

Offensive Formation	No 4 corner offense to spread defense out to create 1 on 1 situation.	No 4 corner offense to spread defense out
Blocking of shot	Defense must keep hands out or up. Ball can only be blocked after it has left shooters hand in the act of shooting.	Defense must keep hands out or up. Ball can only be blocked after it has left shooters hand in the act of shooting.

Rules for 2nd – 3rd Grade Advanced

- Games will consist of two 20-minute halves with a running clock. The clock will stop only for timeouts, injuries, and the last 2 minutes of the game (second half ONLY) on all dead ball situations (unless one team is ahead by 15 points or more at the 2-minute mark). If the score is cut inside the 15-point spread after the 2-minute mark, the clock will continue to run. If there is not a 15point spread at the 2-minute mark but a team extends the lead to 15 points under 2 minutes, the clock will then continue to run.
- All players must check in with the scorekeeper and wait to enter the court of play until the official motions them to come in.
- All fouls will be called (individual technical fouls count as personal fouls). A player is disqualified after their fifth personal foul.
- A 1 and 1 bonus situation will be awarded on the seventh team foul of each half. Two free throws will be awarded upon the opponent’s tenth team foul (and each following) per half.
- Each team can play a Man to Man or Zone defense. If a team is ahead by 15 points or more, they must retreat to a quarter court defenses (top of the key/3-point line) until the lead is less than 15 points.
- No defense can be played in the backcourt. The backcourt is defined as the half of court (divided by an imaginary vertical plane from the mid-court stripe) opposite a team’s offensive basket. Thus, reaching into the backcourt to play defense is not allowed. When the defensive team establishes possession, the shooting team must retreat beyond the half-court line.
- The first illegal defense will cause a warning to be issued to the bench of the offending team. All subsequent illegal defenses, regardless of type of offense, will result in a technical foul.
- If a team leads the game by more than 25 points, each team’s score will be changed to zero (0) and official score will no longer be kept. However, running clock time will be kept for the remainder of the game.

Violations	2 nd – 3 rd Grade ADV
Double Dribble, Travel, & 10 Second Backcourt	CALLED
Inbounding the Ball	5 Second count
Lane Violation	5 second rule
Counting Fouls	5 fouls per player
Bench & Spectators	NO CHIRPING ALLOWED
Closely Guarding	5 Seconds on offense if in front court with 6 feet of front feet.
Double Teaming	ALLOWED
Illegal Defense	2nd violation is a Technical. No Guarding in back-court.
Press	1/2 Court ONLY
Stealing	ALLOWED in Front Court ONLY
Jump Ball/Tie-ups	ALLOWED
1 and 1 bonus	After 7 team fouls per half
Double Bonus	After 10 team fouls per half
Goal Height	9 foot
Ball Size	28.5
Game Length	Two 20 min halves
Time Keeper	One volunteer from Home Team
Score Keeper	One Volunteer from Visiting Team

Substitutions	During Dead balls ONLY – Report to score table
Time outs	Two 30 second time outs per half
Score Kept	AT SCORE TABLE
Free Throws	From Free Throw Line
Free Throw Lane Violation	Any Player cannot touch line or over before balls hits rim.
Defensive Formation	MAN-TO-MAN or ZONE
Offensive Formation	Any

4-5th Grade League

Ball Size: Women's (28.5")

- Goal Height: 10 feet
- Free Throw Line: 15ft
- Clock: Four 10-minute quarters (running clock)
- Score: Will be kept and standings will be tracked. Should a 20 point lead be obtained by a team the scoreboard will be reset to 0-0. If the margin goes under 20, the score will be placed back on the scoreboard.
- Fouls: Will be recorded. Players will foul out after 5 fouls.
- Numbers: Are required on jerseys

Offensive Regulations

- Throw in: 5 seconds
- Closely guarded: 5 seconds
- Backcourt: 10 seconds. Over and back will be called.
- Free throws will be shot (15 foot free throw line).
- Lane violations: 5 seconds
- Traveling: Regular violation.
- Double dribble: Regular violation.

Defensive Regulations

- Any type of half-court defense is allowed.
- No full court pressure.
- If 20 point lead is reach teams must go back man to man defense