



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH BASKETBALL LEAGUE RULES

YMCA OF SAN DIEGO COUNTY

AGE DIVISIONS:

- 4-5 years
- 6-8 years
- 9-11 years

*Boys and girls divisions will be combined if there are not enough participants.

*Player age must match the specific division of the 1st game.

TEAM ROSTERS:

- **Players may NOT play on more than 1 team in the same division.**
 - In the event a team is short players they may borrow only up to 5 players total. If players show up late the borrowed players should not continue playing.

PLAYERS:

- Each team will consist of no more than 5 players and no less than 4 at the start of play.
- **Everyone** on each team will play. Everyone will play a minimum of half of the game.
- It is the role of the coach to help ensure that every child plays and has a positive experience.

COACHES AND SPECTATORS:

- **Volunteer Coaches:** All coaches are volunteering their time to make this a great experience. We try and select coaches who are knowledgeable in skills we are trying to teach. If you are interested in being a coach or have a concern about a coach please notify the Program Director, Coordinator, or Sports Supervisor.
- **Referees:** The referees are in charge of the game and their decisions are FINAL; right or wrong.
- Please cooperate with the Youth Sports staff in creating and maintaining an environment in which each participant may have fun, learn the game and be a good sport. The referees may occasionally stop play for instructional purposes when necessary, and will subjectively make allowances (as discussed and set up by each league) based on ability, for violations. **We encourage parents and coaches to focus on the children and not the referees.**
- Coaches agree to support and influence good sportsmanship, high moral standards and are responsible for the conduct of their players and spectators. This includes, but is not limited to, unsportsmanlike disagreements with officials or insubordinate acts against supervisory staff.

- YMCA Staff reserves the right and WILL send home anyone (this includes coaches, players, spectators) who are in violation of the rules and regulations set by the program for the health, safety, and welfare of all participants.
- **Spectators Code of Conduct:** As a spectator, we hope to provide a fun and rewarding experience for you and your child. All spectators and participants are required to abide by the YMCA of San Diego County Spectator Code of Conduct

TIME:

- 4-5 years & 6-8 years: four 8 minute running quarters are played
- 9-11 years: two 20 minute running halves are played; the last 2 minutes are stopped clock if the score is within 15 points.
- One minute between quarters (if time permits).
- 3 minutes between halves (if time permits).
- Timeouts:
 - 2 timeouts per game
 - Timeouts may be called by the coach of the offensive team while the ball is in play.
 - Any team may call a timeout during a dead ball situation.

BALL SIZE AND RIM HEIGHT:

- 4-5 years
 - Ball Size: mini
 - Rim Height: 6ft
- 6-8 years
 - Ball Size: 28.5
 - Rim Height: 8 ft
- 9-11 years
 - Ball Size: 28.5
 - Rim Height: 10 ft

START OF GAME

- A jump ball will start the game.
- To start quarters and halves the ball will be put into play with a throw in under the alternating possession procedure.
- All other jump balls will be alternating possessions.
 - Jump balls occur when two opponents have one or both hands firmly on the basketball.
- Teams will change baskets at the end of the first half.

SCORING

- Scoring: field goal 2 points, free throws 1 point, 3 pointers will count if shot behind the three point line.
- No score board displayed
- No individual scoring is kept

PRESSING

- 9-11 year division can only press in the 2nd half.
- No press in 6-8 year division and under.

VIOLATIONS

- 3 seconds in the key will be called for all divisions above 6-8 year division.
- Backcourt will be called for all divisions above 6-8 year division if court size permits.
- 10 seconds in the backcourt will be enforced for all divisions above 6-8 year division.
- No trapping or double teaming is allowed for 6-8 year division and under
- Teams have 5 second to inbound the ball

SHOOTING FOULS/FREE THROWS

- **Fouls:** Unnecessary contact of players constitutes a personal foul and equals a team foul.
 - If a foul occurs while shooting, the player that was fouled will be awarded 2 free throws. Violating player is given a personal foul and a team foul.
 - If a foul occurs in the course of play, the ball is awarded to the other team out of bounds. Violating player is given a personal foul and a team foul.
- Individual and team fouls are not kept track of. Ball will go out of bounds and referee will instruct players on the violation situation in order to educate the players on the violation that occurred. Blatant and obvious fouls will be called. Shooting fouls will be called, and free throw is taken 3 steps in front of free throw line.
- No individual fouls are kept so players CANNOT foul out of a game. (They can be asked to sit out to be given instructions by the coach.)
- 9-11 year division will be awarded the ball (on non-shooting violations) and free throws on shooting fouls.
- During a free throw, players may enter the lane when the ball hits the rim.
- **Technical Fouls:** Technical fouls will be called for any taunting, profanity, or unsportsmanlike conduct. A technical foul will be called after the first warning has been given.
 - **Any technical resulting from unsportsmanlike conduct will result in the player or coach sitting for the remainder of the game.**
 - **Offender must meet with the League Director prior to returning to competition.**
 - If the player or coaches behavior continues the future of their participation in to program may be in jeopardy.

COACHES CONDUCT

- Coaches can only travel within the assigned areas. Coaches should not ever step on the court during play. (Exception in 6-8 year division and younger for teaching purposes)
- Any comments made to the referees or the staff should be made before the game, at half time, and/or after the conclusion of the game.
- If a coach is asked by an official or YMCA staff person to sit down and refuses the coach will be asked to leave the facility.