

# **OAHE FAMILY YMCA**

## **YOUTH BASKETBALL GAME RULES**

### **Grades 3<sup>rd</sup> – 6<sup>th</sup>**

#### **Grade Playing Time**

- All Players must play regardless of ability or position.
- Substitutions may be enacted to accommodate participants experiencing injury, illness, personal health concerns, or similar conditions.

#### **Game Administration**

- To ensure all games start on time, please arrive 10 minutes early.
- Ball Size: Women's Ball 28.5
- Games will be played 5 on 5. If a team is short players, they may borrow a player from another team until another participant is available.
- Non-athletic wristbands, earrings, necklaces, and jewelry should be removed before starting play.
- Games consist of four 8-minute quarters with running clock (2 minutes between quarters and 3 minutes for halftime). However, the clock will stop for time-outs, during the last minute of each quarter, free throws and referee discretion.
- Each team is required to provide one person at each game who can help with timing. This volunteer may be the same person each week. Please have a volunteer ready before your scheduled game time.
- A Jump ball will take place at the start of the game. (Players will line up around center circle standing next to their opponent. One player from each team will stand in the center of the circle and tap the ball towards their team as the official tosses the ball up)
- Possession arrow begins facing the direction of
- 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 start at half court using a sideline in-bound. Players have 5 seconds to inbound the ball.
- Each team is allowed one sixty-second time-out per half. Substitutions may not be made during a timeout.
- Player fouls will be recorded, but players will not foul out.

## **Defensive Regulations**

- All teams are required to play man to man defense. Defenders must be with-in 3 feet of their offensive player at all times. The referees will assign defensive/offensive players at the beginning of each quarter. Help side defense is allowed, but you must be 3 feet from your opponent at all times.
- Players are allowed to block shots. The defender is not allowed to make contact with the offensive player's hand or body.
- No backcourt press. (The defense cannot defend in the backcourt)
- No backcourt time violation. (The offensive player who maintains possession has more than 10 seconds to cross half-court)
- No double/triple/quadruple teaming is allowed. -Double/triple/quadruple teaming is the intentional and persistent guarding of one offensive player by two defensive players as to put the offensive player at a disadvantage (i.e. trapping)
- Switching is allowed on "on ball" screens. -A "Switch" is when a defensive player switches the offensive player they are defending, while still maintaining man to man defense. The YMCA officials and staff have full authority in the Y-Basketball programs and reserve the right to modify the interpretation of any rule in their discretion. 2 BASKETBALL COACH'S GUIDE Laws of the Game 3rd & 4th Grade Continued...  
Defensive Regulations Cont.
- A defensive player can only steal the ball on a pass or loose ball - 3rd Grade: A player can steal a ball if their player is anywhere inside the key - 4th Grade: A player can steal a ball if their player has crossed the half court line
- The 1st double/triple/quadruple team per half will be a warning with the ball going back to the offensive team with a side inbound. Each additional multiple team defense will result in one free throw for the offense and the offense will retain possession with a side inbound. "Illegal Defense" should be called.

## **Offensive Regulations**

- Over and Back will be called and result in a turn-over -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.
- The offensive team will be allowed 5 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 unless the player in the key receives a pass. After an attempted shot or receiving a pass, a new 3 second count will begin. In the 3rd & 4th grade league we have modified this rule to 5 seconds.
- Players have 5 seconds to inbound the ball.
- No 5 second violation will be called. A 5 second violation is when the offensive player is immediately guarded and inactive (is not dribbling, passing or shooting) for more than five seconds.

## **Violations**

- Team fouls will be tracked, and foul shots will be taken. If a non-shooting foul occurs, the offensive team will be awarded the ball as a side inbound at half-court.
- Teams will shoot one and one on the seventh team foul per half and two on the tenth team foul per half.
- Player fouls will NOT be tracked and players will NOT foul out
- Players can shoot from the regulation free throw line or from a modified line perpendicular to the top of the block. Players can jump over the line if necessary, however the shooter cannot rebound their own shot.
- Minor infractions will be called leniently at the beginning of the season. However, as the season progresses, basic violations like out of bounds, traveling, double dribble and fouls will be called. The YMCA staff will update each coach on a weekly basis with violations that will be called.

### **Sportsmanship**

- Unsportsmanlike conduct will not be tolerated! All players, coaches and parents will exhibit Caring, Honesty, Respect and Responsibility before, during and after the Y-Ball practices and games.
- All games will conclude with a sportsmanship line-up and hand shake/high five.

### **Facility Usage Rules**

- Each coach is responsible for the supervision of all players on the team while in the school building for games and practices.
- Use of the gym is a privilege that can be revoked. Help us and your players by respecting the YMCA property and by cleaning up after yourself.
- Children not participating in Y-Ball must be supervised at all times by their parents/guardian. Parents/guardians are responsible for their children's actions while on school property.
- No food or drink (except water) are allowed in the gym.
- No tobacco products or alcohol are allowed at schools or YMCA events.
- Basketball are to be used only in the gym, no dribbling or passing in the halls or classrooms.

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