

YMCA of Boulder Valley – Official Basketball Rules

1. **Game Play**

<u>Groups</u>	<u>Duration of Game</u>	<u>Size of Ball</u>	<u>Height of Basket</u>
1 st and 2 nd Grade	24 minute running clock	25.5	7.0 ft.
3 rd Grade Boys and 2 nd /3 rd Grade Girls	Four (4) 10 min. quarter/running clock	27.5 Jr.	8.5 ft.
4 th /5 th Grade Boys/Girls	Four (4) 6 min quarters	27.5 Jr.	10 ft.
5 th -8 th Grade Boys/Girls	Four (4) 6 min quarters	28.5 - girls and 5 th -6 th boys 29.5 -7 th /8 th boys	10 ft.

2. **Overview/Officials**

First Grade - This league uses heavily modified rules adapted to the level of play to encourage learning and fun.

Second and Third Grade

This league uses modified rules adapted to the level of play and to encourage learning. One YMCA referee for this league.

Fourth through Eighth Grade - This league will use standard high school rules (CHSAA) with some modifications which are noted in this document. There will be two referees on the basketball court.

3. **Players on the Court**

First Grade - Four on Four (4 v 4)

Second through Eighth Grade - Five on Five (5 v 5)

4. **Timeouts**

First through Third Grade - One *sixty* second timeout per half.

Timeout does not carry over between halves.

Fourth through Eighth Grade - Each team will receive three full (60) *sixty* second, and two (30) *thirty* second timeouts per game. All unused timeouts from regulation will carry over to overtime. Teams

will receive **one** additional timeout in the **three minute** overtime period (No Overtime in Developmental Hoops).

5. **Playing Time**

First through Fifth Grade – Rec/Developmental - There will be equal playing time for every player.

Fifth Grade through Eighth Grade – Gold League - Every player **must** play a minimum of ten minutes. *Travel team – No minimum playing time.*

6. **Substitutions**

First and Second Grade - The clock will stop every three minutes. This is not a timeout. We will have a two minute half time.

Third Grade – The clock will stop every five minutes. Coaches should have their players prepared at the score table, kneeled and ready to enter the game. Three minute half time.

Fourth through Eighth Grade League – Subs must kneel down at the team side of the scorer's table and wait to be called in by the referee. Three minute half time.

7. **Fouls**

First through Third Grade - Fouls will be called, but players cannot foul out. No free throws in this division. Shooting fouls will result in possession of the ball on the side.

Fourth and Fifth Grade – Developmental Free throws may be taken from the *first hash* mark in front of the free throw line. The player shooting the foul shot may jump forward. Lane violations will be enforced but **not** on the shooter. Player may enter paint when the ball touches the rim.

Fifth and Sixth Grade – Black and Gold League - 5th/6th graders **must** shoot from the free throw line. The player shooting the foul shot may jump forward. Lane violation will be enforced but **not** on the shooter. Player may enter paint when the ball touches the rim.

Seventh and Eighth Grade - 7th/8th graders - All free throws will be shot from the free throw line and lane violations will be called. Player may enter the paint when the ball touches the rim.

Technical Fouls Shots - Any player on the court can shoot the technical foul free throws. Two shots are awarded and the shooting team receives the ball at half court.

8. **Bonus Free Throws**

One and one (bonus) at 7 fouls in a half. Two free throws (double bonus) at 10 fouls in a half. Two shots for a two point attempt and three shots for a three point attempt.

9. **Defense**

First Through Third Grade - At the beginning of the game and substitution, players match-up with colored wrist bands at mid-court. Stealing and double teaming is **not** allowed in *First and Second* unless it's off a pass. *Third Grade* - First two games players must wear wrist bands. The third game and remainder of season will be optional on coach's agreement. Players need to run back to the designated **PICK-UP LINE** before guarding the ball. *Third* grade players may steal the ball but no double teaming or full court press.

Fourth through Fifth Grade - Rec/Developmental

Teams will play half court, *man-man defense*. Players must run back to the paint to play defense and pick up the ball/offense at the designated pick-up line. Playing defense before the designated pick up line will be considered illegal defense. *Fourth* and *Fifth* grade players may steal the ball but no double teaming or full court press.

Offensive players have five (5) seconds to cross the designated "pick-up" line from half court line. After crossing that line, defense can play anywhere on the court. If there are five or fewer seconds left in the game, the offense **can** stall.

Fifth through Eighth Grade (Black and Gold League)

Any defense (man-man or zone) is allowed. Double teaming is allowed anywhere on the court.

10. **Pressing**

Black and Gold League – Fifth through Eighth Grade

Pressing will be allowed in the 2nd and 4th quarters. The press must be taken off if the lead is 15 points or more. Teams that continue to press after 15 points will receive one warning; the second warning will be a bench technical and coach ejection. Team/coach will not be allowed to press for the remainder of the game.

- **Tournament** - Defensive players can guard the offensive player at the half court line anytime.

5th/8th Grade Boys and 5th/8th Girls: Full Court Press is allowed throughout the game.

- **Travel Team** - Pressing will be allowed with no restrictions but must be taken off if the lead is 15 points or more. Teams that continue to press after 15 points or more will receive one warning; the second time will result in a bench technical and coach ejection. Team/coach in violation will not be allowed to press for the remainder of the game.

11. **Score**

First through Third Grade - The score will not be kept. Please ask for volunteers to run the clock.

Developmental League - The score will be kept in this league. Please ask for one volunteer (**15 yrs.** and up) from each team to run the clock. If the lead is 20 points, no additional points will be added to the scoreboard for either team. *There will be no overtime.*

Fifth through Eighth Grade – Black and Gold - The score will be kept throughout the game, please ask for one volunteer (**15 yrs.** and up) from each team to run the clock. In regular season play, overtime is three minutes. *No second overtime.* The game is a *tie*, if the score is tied at the end of the first overtime.

Tournament Overtime – Three minutes until winner of game.

Scoring protocol for all divisions: The score on the score board will correspond to bench side

- **Home Team = Black Jersey**
- **Away Team = Gold Jersey**

- If team is up by twenty (20) in fourth quarter, the clock will run the last four minutes.
- Coaches must fill out the score sheet with each registered players name and number before each game. These score sheets will be verified at the beginning of each game. Coaches please sign the score sheet after each game to verify win/loss record for the season ending tournament seeding.

12. Disqualification

Fourth through Eighth Grade - Players will be disqualified after 5 personal fouls or one technical. For any fan, bench protocol or conduct violation, the coach may be given a warning and must sit the remainder of the game. If a coach, player or fan receives a technical foul, that person and the coach must leave the gym and meet with the Sports Director before attending the next practice/game. If a technical occurs, the official will call an official timeout. This will not count towards the team's allotted timeouts. **As a coach, you are responsible for your assistant coach, players and parent/fan behavior.**

13. Traveling and Double Dribbling

*First grade will not have traveling or double dribbling called for the first **three** games of the season. In the second half of the season, traveling and double dribbling will be called but, they will keep possession of the ball. Second Grade will have traveling enforced and called progressively throughout the season. Double dribbling is determined as picking the ball up and stopping more than twice. All calls will be at the discrepancy of the game official. *For all Developmental, Black & Gold League teams, traveling and double dribbling will be enforced.**

14. Stealing - First and Second Grade

There is a no steal rule; players may not steal the ball from a player that is holding it. They can intercept a pass, get a rebound, or grab a loose ball.

15. **Coaches on the court**

First Grade - Coaches **are** allowed on the floor in this grade.

Second Grade - coaches can move up and down their bench only, when they have the ball.

No coaches, parents or siblings behind baskets during play.

16. **Coach's Box**

Third through Eighth Grade - Coaches must stay in designated coach's box. Only **one** coach can move along or stand at the bench per half. Please determine this before each half begins.

General Expectations

- Not every situation is covered in these rules. Coaches are expected to demonstrate the spirit of the program at all times. Running up scores, continually going after the least skilled player, and only playing the game to win is unacceptable.
- No food, coffee, Gatorade or gum is allowed in any school or YMCA gym. **Water is allowed.** Please help us keep our gym floors and bleachers in good condition!
- Children **12** and under need to stay with a responsible adult. Kids should not be running around the Y or school, playing on fitness equipment, running track, etc...or be left unattended. Child watch is available at the YMCA if needed.
- The YMCA will provide game balls. Teams that arrive early are expected to sit and wait for their turn to use the court. No dribbling or shooting in the hallways or sidelines.
- Games will start within 5 minutes of the scheduled time with the players present. Please help us stay on time.
- Unsportsmanlike conduct will not be tolerated from players, coaches, or spectators. Harping on or berating refs (anyone) will result in being asked to leave the facility.

- Teams that continually display poor behavior can have games ended early or cancelled without makeup. This could result in a forfeit.
- League standings will be kept for the Black/Gold League only. This information will not be posted or publicized.
- The Sports Director has the right to change any rule. Coaches will be notified of the changes as soon as possible.

Everyone is expected to maintain the YMCA philosophy at all times.

Remember the Y Way to Play

Don't Miss The Moment!