



YOUTH BASKETBALL LEAGUE OFFICIAL RULE BOOK



**Magdalena Ecke Family YMCA
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For further information or comments please contact:

Youth Sports Director

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAGDALENA ECKE FAMILY YMCA
YMCA OF SAN DIEGO COUNTY

Magdalena Ecke Family YMCA Youth Basketball League Rules

CO-ED DIVISIONS:

- 6-7 year olds
- 8-9 year olds
- 10-12 year olds

AGE GROUPS MAY BE COMBINED BASED ON ENROLLMENT

TEAM ROSTERS:

- Rosters will be limited to 10 players unless otherwise agreed upon by coach & director/coordinator.

PLAYERS:

- Each team will consist of no more than 5 players and no less than 4 at the start of each game.
- **Everyone** on each team will play and **Everyone** will play an equal amount of time on the court. Coaches use their discretion as to how to ensure the playing time.

* The intent is to provide all participants equal playing time regardless of skill level or experience. It is the role of the coach to help ensure that every child plays and has a positive experience.

Youth Sports Bathroom Policy

The children's parents are required to take care of their child's bathroom needs. If a child needs to use the restroom and their parents is not there a coach or team parent or YMCA YS staff member may take them, but they **MUST** be accompanied by two additional children.

A staff or coach is never to be alone with one child, and never take a child to the bathroom alone as well. When taking them staff or coach must check and clear the bathrooms and then send all three children in together. This is for protection of the child as well as staff and volunteers.

COACHES AND SPECTATORS:

- **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 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.
- The Magdalena Ecke Family 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. In order to achieve our goal we ask that you adhere to the following criteria:
 1. Applaud good plays by your own team AND the opposing team.
 2. Never ridicule or scold a child for making a mistake during a game or practice.
 3. Encourage players to always play according to the rules.
 4. HAVE FUN! Make it enjoyable for you and your child.
 5. As a parent you are not aloud to approach the coach and team's bench during a game. If you have a comment for the coach please wait until after the games is over to speak with the coach. If the coach feels you are being unnecessary then they may direct you and your complaint to the Youth Sports Director, Chasen Eddow.

Parent involvement

As a parent or guardian of our leagues we want you to know we appreciate your help and leadership. We suggest you get involved on your child's team to make the experience more enjoyable for them. Whether it be snack, water, fruit, or high fives the kids DO appreciate you being there!

ALL parents must be on site with their children as part of our YMCA policy. Please do not leave your child here at the YMCA too early before their scheduled game or leave them here too late after they have played. We appreciate your help in this matter.

TIME:

- Time is running
- There are no overtime periods. All ties are final.
- All divisions play 4 quarters of the specified time for the division.
- 6-7 year olds: 8 minute quarters
 - **Substitutions at 4 minutes**
- 8-9 year olds: 8 minute quarters
 - **Substitutions at 4 minutes**
- 10-12 year olds: Two 20 minute halves
 - **Substitutions every 5 minutes**
- One minute between quarters.
- 2 minutes between halves (if time permits).
- Each team will have 1 timeout per half.
 - Timeouts may be called by the coach of the offensive team while the ball is in play.
 - Anyone may call a timeout during a dead ball situation.

BALL SIZE AND RIM HEIGHT:

- 6-7 year olds
 - Ball Size: 27.5
 - Rim Height: 8 feet
- 8-9 year olds
 - Ball Size: 28.5
 - Rim Height: 9 feet
- 10-12 year olds
 - Ball Size: official men's
 - Rim Height: 10 feet



START OF GAME

- A jump ball will start the game. To start the 2nd-4th quarters 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.
 - Except 6-7 yr olds...they stay at the same basket the entire game (unless agreed upon by both coaches & referees).

SCORING

- Scoring: field goal 2 points, free throws 1 point, 3 pointers will count if shot behind the three point line.
- Scoreboard will stop scoring when one team is up by 12+ points and will continue as necessary. Score will be kept on paper at every game.

PRESSING

- ***Teams must play a man to man defense.*** However, it can only be played once the offensive team has passed 3ft over the mid-court line. The defensive team must retreat back across the mid-court before engaging in either tactic. On out of bound plays, the defender must stay on the court at all times. 6 yr olds – 12 yr olds may not double team!
- 6-7 year olds cannot press at all. Half Court Retreat takes effect in this division.
 - Cannot pick up their player until the 3pt line.
 - 8/9, 10/12 year olds can **ONLY** half court press when the score is within 10 points.

LANE/KEY VIOLATIONS

- When a violation occurs the whistle will be blown, players are asked to stop, a brief explanation will be given and the ball will be turned over and taken out of bounds (unless on a shooting foul). Violations include: double dribbling, traveling, lane violation, 5 second throw in violation, carrying the ball.
- 6-9 year olds: There is no time limit in effect for this age group. Coaches should still train players to understand moving in and out of the key.
- 10-12 year olds: There is a **5 second** time limit for being inside the key.

OUT OF BOUNDS

- Teams have 5 seconds to put the ball in play.
- Teams have 10 seconds to pass the half court line.
 - Except 6-7 yr olds. No time limit for this age group.

SHOOTING FOULS/FREE THROWS

- ***Fouls:*** Unnecessary contact of players constitutes a personal foul and equals a team foul. Charging, a half court violation (back court pressing), tripping, pushing, or contact from behind. This may occur on offense or defense resulting in a turn over.

- If a foul occurs while shooting, the player that was fouled will be awarded 2 free throws.
- 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.
- 6-7 year olds: No fouls will be penalized. 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.
- 6-7 year olds will be awarded a shooting foul for flagrant fouls on the shot. The free throw is taken 3 steps in front of free throw line.
- 8-9 year olds fouls will be awarded the ball (on non-shooting violations) and free throws on shooting fouls. The 8-9 year olds shoot free throws from 12 feet (approximately a step in from the regulation line).
- 8-9 year olds will foul out of a game on the 6th personal foul.
- 10-12 year olds will be awarded the ball (on non-shooting violations) and free throws on shooting fouls. The 10-12 year olds shoot free throws from the regulation free throw line.
- During a free throw, players (other than the shooter) may enter the lane when the ball hits the backboard or rim. The shooter must land with both feet behind the free throw line in order for it to be legal.
- 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. The result of a technical foul is 2 free throws and possession of the ball. If two technical fouls are given to one player, that player is removed from the game and shall not return. If two technical fouls are given to a coach, this will result in immediate dismissal from the premises and may result in further discipline.

SUBSTITUTION RULE

- All substitutions will be made at the 4:00 minute mark of each quarter or 5:00 minute mark of each half (10-12 year old division only).
- **No substitutions on the fly.**

COACHES CONDUCT

- Coaches can only travel within the assigned areas. Coaches should not be moving all over the court.
- 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.

JEWELRY

- No jewelry (which includes: dangling earrings, necklaces, bracelets, watches, etc) shall be worn during games. This is to help ensure the safety of all participants.

FOOD/SNACKS

- Snacks should be provided for teams by team parents. Snacks should be eaten outside of the gymnasium. We ask that you please throw your trash in the designated areas in order to help keep the YMCA clean.
- Please try to only have only water bottles in the gym. Other drinks are permitted (i.e. Gatorade, Powerade, drink boxes), but can lead to sticky spills. Please be respectful of the courts we are using.

