

NORFOLK FAMILY YMCA Youth Rec. Basketball Rules

Sportsmanship:

Good sportsmanship is necessary at all times. Coaches will be held responsible for the conduct of themselves and their players.

- If the site supervisor or referee witness any acts of tackling, elbowing, cheap shots, blocking, or any
 unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. Foul
 play will not be tolerated
- Trash talking is illegal. Officials have the right to determine offensive language. You will get **ONE** warning, if it continues the player, coach, or fan will be ejected.

Game Time by Grade Level

Grade Level	Practice	Game Time	Half Time
Pre-K	20 minutes	four 5-min. quarters	3 minutes
Kindergarten	20 minutes	four 5-min. quarters	3 minutes
1st-6th Grade	During Week	four 8-min. quarters	3 minutes

 All players must play at least HALF a game and receive equal playing time. Allowances may be made if practices are missed or for behavioral issues. Team rules should be in place by coaches and team members.

<u>Ball Size/Basket Height:</u> <u>Pre-K:</u> baskets at 5.5 feet – Mini 22"

Kindergarten: baskets at 6 feet - 25.5"

Grades 1st & 2nd: baskets at 8 feet - 27.5"

Grades 3rd & 4th: baskets at 9 feet - 28.5"

Grades 5th & 6th: baskets at 10 feet - 28.5"

Game Start: The away (red) team will start with the ball under their basket.

(There is NO center jumps in this league.)

Jerseys: All players MUST wear the official red/blue YMCA jersey.

Home: Blue Away: Red

The jerseys are available for purchase at the Welcome Center.

Playing Rules:

Rec basketball is played 5 v 5 (Can be played 4 v 4 if short on players)

1. Bench Area Only the Head Coach can stand during the game. Maximum of 2

coaches on bench. NO PARENTS ALLOWED IN BENCH AREA.

2. Score NO SCORE WILL BE KEPT FOR ALL AGES

3. Time: Running clock, except for time-out and free throws

4. Time-outs: Each team is allowed one time-out per half.

Time-outs do not carry over to the second half.

5. Substitutions: Substitutions are only allowed during a dead ball whistle.

Coaches must get the attention of an official to have

substitute motioned onto court.

6. 3 Seconds Pre-K – 2nd Grade: no 3 seconds called

3rd-4th Grade: 3 seconds will only be called if both feet are in

the lane

5th-6th Grade: 3 seconds will be called as usual

7. Free Throws Free throws will be shot for any regular shooting fouls

 $\frac{1 \text{st-} 2^{\text{nd}} \text{ Grade:}}{3^{\text{rd}} - 4^{\text{th}} \text{ Grade:}}$ will shoot from the 12' line $\frac{5^{\text{th}} - 6^{\text{th}} \text{ Grade:}}{6^{\text{th}} + 6^{\text{th}} \text{ Grade:}}$ will shoot from the 15' line

8. Defense <u>Must use man-to-man defense, not zone.</u> Colored wristbands will be

provided if necessary.

5th-6th Grade: Coaches need to remind players to drop back to half court

after a rebound.

9. Stealing Pre-K-4th Grade: **NO** stealing off dribble / can steal passes

 5^{th} - 6^{th} Grade: can steal off the dribble / can steal passes

10. Pressing NO PRESSING ALLOWED