



2024 YMCA Basketball League Game Rules

GAME PLAY AND CODE OF CONDUCT

- Game/referee calls for week 3-5 will be in a “measured fashion”, while instructing players of the calls being made, week 6-8 game/referees will call all rules stated below per grade
- Players may wear headbands, wristbands and under garments below their jerseys/shorts
- Players must remove all earrings (or cover with tape), watches and any other jewelry that the officials deem hazardous
- All players must have a YMCA team jersey in order to play
- If a player has a cast, it must be covered with foam or a form of padding
- Players must remove all watches, earrings and any other jewelry, the officials deem hazardous
- **All players should be playing relatively equal playing time and substitutions should be made frequently**
- **Minimums:** Teams must start with a minimum of 4 players (3 players for 1st-2nd). Games can start and be played with 4 players (3 players for 1st-2nd). If the game is scheduled to start and a team has the minimum of 4 players (3 players for 1st-2nd) play will begin on time. The opposing team can play at full strength (5 players for 3rd-8th and 4 players for 1st-2nd). If after 10 minutes a team does not have the minimum of 4 players (3 players for 1st-2nd), the game is forfeited and a scrimmage will occur, but cannot affect the start of the next game
- **Forfeits** will be scored as a 30-0 final
- **Mercy Rule:** After one team is winning by 20 points, clock does not stop during the last 2 minutes of the second half. The team winning can no longer press, double team, or trap if that is an option at their grade level. If one team leads by 30 points or more, we will no longer add to the scoreboard. Scores will be tallied on the score-sheets and added at the end of the game.
- **Stalling** cannot occur the last minute of the game, players must be actively dribbling and/or passing

Timing and Overtime:

- Each game will consist of two 20-minute halves with a running clock. Time will stop during the last two minutes of the second half only with the exception of timeouts and lengthy dead balls per the director or referees discretion. In the first half, time can run out while a player is shooting a free throw, but the free throw attempt is allowed even after the time has expired. This cannot happen in the second half, as time should be stopped in the last 2 min during a free throw, time out and dead balls
- One 60 second time out per half and one in overtime per team (no timeouts can carry over)
- Halftime is two minutes long FOR ALL AGE GROUPS
- Officials and YMCA Sports Directors can stop the clock at their discretion.
- In the event of an injury, the clock will stop and then resume when the injured player is removed from the court
- Jump ball will start any overtime period
- One overtime only, that will run for two minutes. If a winner is not determined within that period the game will end in a tie
 - **Exception is during tournament time: Sudden death will occur after the overtime where next basket wins (this includes a free throw make)**
- **All regulation period rules and fouls are in effect and bonus situations for grades 5th-8th will carry over into overtime. Teams in the bonus during regulation will also be in the bonus should there be an overtime period**
- **PlayerSpace** scores will be entered online once game play is complete. No later than Monday of the following week or day of during tournament play

Unsportsmanlike Conduct

If the Sr. Sport director or referee witnesses any acts of intentional elbowing, cheap shots, kneeing or any unsportsmanlike act, the game will be stopped and the player will be removed from the game (preferably temporarily or until advised otherwise by the Sr. Sports Director or coach). The decision is made at the referee's discretion whether that child will be allowed to continue playing. Appeals may or may not be considered. **FOUL PLAY OR UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED!**

Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the coach, player or players will be disqualified from playing the remainder of the game. Players may not physically or verbally abuse any opponent, coach, parent, spectator, guest, official or present individuals and/or groups.

Technical Fouls for Unsportsmanlike Conduct can be added at the discretion of the officials. A technical foul will result in one free throw and the ball (one point and the ball for 1st-2nd grade).



2024 YMCA Basketball League Game Rules

1st-2nd GRADE RULES:

1. **Hoop Height:** 9ft
2. **Game Play:** 4v4 2, 20 min halves with a 2 min half-time
3. **Sub:** Every 4 min. and **MATCH UP** (Subbing can only occur on a dead ball)- **clock continues to run**
4. **Traveling/Double Dribbles:** at the 1st-2nd grade level traveling will be called in a measured fashion, meaning as kids have received multiple warnings from previous penalties it should be called more frequently **All coaches should enforce the rules in practices.**
5. **Pressing** at the 1st-2nd grade level in any form is **not allowed.** Defenders cannot guard their player until they cross half court
6. **Stealing:** **IS** allowed off of **ANY** pass, but **NO** stealing off of the dribble (the pass must be allowed to leave the offensive players hand) **Steals will be called per the referee's discretion**
7. **Blocking:** **IS** allowed as long as the defensive players' arms/hands are straight up. They can either stay on their feet or jump in the air. If there is any movement forward with the defensive player's hands or arms, it will be an illegal block and the ball will be taken out of bounds by the offense. **Blocks will be called per the referee's discretion**
8. **3 Seconds in the lane:** will be not called in the 1st-2nd grade levels (remind players to keep moving)
9. **Ball Size:** 1st-2nd grade are using the 27.5 sized basketballs
10. **Intentional fouling** is not acceptable in the 1st-2nd grade age groups and doing so will result in an automatic 2 points and the ball being awarded to the team being fouled
11. **Free Throws:** no free throws at 1st-2nd gr. If a foul occurs the offensive team will take the ball out of bounds
12. **Zones** of any kind are **not allowed.** Must play person to person defense
13. Each team has **ONE**-60 second **time out** per half
14. Each team is allowed one timeout during each **overtime period without carryover**
15. **10 Second calls, 5 second and backcourt violations** will be measurably called per the referee's discretion (referee will notify players by counting out loud)
16. **Stop clock:** Only on dead balls during the last 2 min. of the 2nd half and time outs

3rd-4th GRADE RULES:

1. **Hoop Height:** 10ft
2. **Game Play:** 5v5 2, 20 min halves with a 2 min half-time
3. **Sub:** Every 4 min. and **MATCH UP** (Subbing can only occur on a dead ball)- clock continues to run
4. **Traveling/Double Dribbles:** at the 3rd-4th grade level traveling will be called in a tighter measured fashion, meaning as kids have received multiple warnings from previous penalties it should be called more frequently
5. **Pressing** at the 3rd-4th grade level in any form is **not allowed.** Defenders cannot guard their player until they cross half court
6. **Blocking/Stealing:** Blocking and stealing while an opposing player has possession of the ball **is allowed** at the 3rd-4th grade level
7. **Ball Size:** 3rd-4th grade are using the 27.5 sized basketballs
8. All **Shooting fouls** that occur will result in two free throw shots. Players will shoot from 12ft out (actual is 15ft). Ref will measure out distance
9. **Bonus situations will be enforced, player fouls and team fouls will be tracked** (10 team fouls or more (per half) will result in two free throw attempts, 6 personal fouls will result in sitting out for 2 minutes and 8 fouls will result in fouling out of the game)
10. **Intentional fouling** is **not acceptable** in the 3rd-4th grade age groups and doing so will result in an automatic 2 points and the ball being awarded to the team being fouled
11. **Zones** of any kind are **not allowed.** Must play person to person defense
12. Each team has **ONE**-60 second **time out** per half
13. Each team is allowed one timeout during each **overtime period without carryover**
14. **10 Second calls, 5 seconds, 3 second and backcourt violations** will be called in a measured fashion
15. **Stop Clock:** Only on dead balls during the last 2 min. of the 2nd half and time outs



2024 YMCA Basketball League Game Rules

5TH-8TH GRADE RULES:

1. **Hoop Height:** 10ft
2. **Game Play:** 5v5 2, 20 min halves with a 2 min half-time
3. **Traveling/Double Dribbling** will be called
4. **Pressing** at the 5th-8th grade level **is allowed during the last two minutes of the second half ONLY** but only in man-to-man coverage. There is **no double-teaming or zone trapping** allowed at any point during a possession for this age group
5. **Blocking/Stealing:** Blocking and stealing while an opposing player has possession of the ball **is allowed** at the 5th-8th grade level but the defenders cannot guard the player until they cross half court until the last 2 minutes of the second half
6. All **Shooting fouls** that occur will result in free throws
7. **Bonus situations** will be enforced, **player fouls** and **team fouls** will be tracked (10 team fouls or more will result in two free throw attempts. 5 personal fouls will result in fouling out of the game)
8. **Intentional fouling is acceptable only in a non-malicious manner**
9. **Ball Size:** 5th-6th grade are using 28.5 sized basketballs, 7th-8th boys will use 29.5 basketballs.
10. **Zones** of any kind are **not allowed**. Must play person to person defense
11. Each team has **ONE** 60 second **time out** per half
12. Each team is allowed one timeout during each **overtime period with no carryover**
13. **10 Second calls, 5 seconds, 3 seconds and backcourt violations** will be called in higher frequency
14. **Subs:** Subbing can only occur on a dead ball, do not need to match up
15. **Stop Clock:** Only on dead balls during the last 2 min. of the 2nd half and time outs