

Youth Basketball Rules Garland/Richardson YMCA

Playing Format Quick View

League/Grade	Players	Ball	Goal Height	Game Length	Time Outs
K-1 st	5	27.5"	8 Feet	8 minute quarters	1 per half
2 nd -3 rd	5	27.5"	9 Feet	9 minute quarters	2 per half
4 th -5 th	5	28.5"	10 Feet	10 minute quarters	2 per half
6 th	5	29.5"	10 Feet	10 minute quarters	2 per half

All leagues play with a running clock and 5 minute halftimes. The clock will stop for substitutions, official timeouts, injuries, and during the last minute of each quarter.

Playing Rules:

- **Time Limits:**
 - K-2nd: Four quarters each eight minutes in length with the clock running continuously. Three minute half time and one minute between quarters. No overtime periods.
 - 3rd – 6th: Four quarters each eight minutes in length with the clock running continuously, with the exception of the last two minutes of the game **Exception:** Clock runs continuously if winning by ten or more points. The referee keeps official time and an additional clock will be run by a volunteer parent from one of the teams. The scorebook is updated by a volunteer parent from the opposing team. Five minute half time and one minute intervals at the end of the 1st and 3rd quarters (if time allows).
- **Time-Outs:**
 - Two, 1 minute time-outs are allowed each team in each half. Time outs DO NOT carry over from one half to the next.
- **Defense (For K-2nd):**
 - Full-court pressing is prohibited. The defense can not play in front of the mid court line (ref's discretion). "Stalling" the game will not be allowed (ref's discretion). Man-to-man or zone defense is allowed.
- **Back Court Guarding:**
 - 3rd & 4th grades are prohibited from back court guarding following all change of possessions until the last two minutes of the 4th quarter and the last minute of overtime.
 - 5th/6th grade leagues can guard in the back court at anytime as long as the defending team is not ahead by 10 points or more.
 - ALL grades are prohibited from back court guarding when ahead by ten or more points.
- **Violations:**
 - K – 2nd: Five seconds will be allowed in the lane. Double dribble defined as starting dribble after picking up dribble (two hands allowed) Travel defined as more than **three steps** without a dribble. Fouls- NO FREE THROWS. Ball out-of-bounds at spot nearest foul.
 - 3rd – 4th: Five seconds will be allowed in the lane.
 - 5th – 6th: Three seconds will be allowed in the lane.

- **Forfeits:**
 - Each team must have four players present and ready to play at the start of official game time. If a team starts the game with only four players and one fouls out, the game will end in a forfeit.
- **Overtime (For 3rd – 6th):**
 - If there is a tie at the end of regulation play, three minute overtime is played. Each team receives one time out in overtime (time-outs cannot be carried over if not used) If the game remains a tie at the end of overtime, the game is declared a tie.
- **Foul Shots (For 3rd – 6th):**
 - Foul shots are awarded under the following circumstances:
 - a player is fouled in the act of shooting.
 - an official calls a technical foul. ALL technical fouls are two shots and the ball.
 - an official calls an intentional foul. ALL intentional fouls are two shots and the ball.
 - When a foul shot is not awarded, the ball is put into play at an out-of-bounds spot nearest the location of the foul.
 - ALL foul shots (shooting and/or team fouls) awarded during game are taken in accordance with NFSHSA rules.
 - **Bonus foul shots:** Team fouls will be counted towards bonus foul shooting during the 2nd half of the game. Team fouls 7, 8 & 9 are one shot plus the bonus (1 & 1). Team foul #10 and above is a two shot bonus.
 - **3rd & 4th grades foul shooters only** will be allowed to “step” into the lane (momentum). Foul shooter **can not** follow shot for purpose of rebound (discretion call).

Participation Rules:

- All Grades:
 - Substitutions are not allowed in the 1st quarter unless there is an injury.
 - Any player not playing in the 1st quarter must play the entire 2nd quarter.
 - **Each player must play at least 50% of each game.** Coaches are required to play all players a minimum of half of the game. If there are more than 6 players in attendance, each player must sit out at least one full quarter (8 consecutive minutes in the same quarter) of each game.
- **K-2nd:** No substitutions during quarters, except for injuries.
- **3rd/4th:** Any player NOT playing the 3rd quarter MUST play the entire 4th quarter.
- **3rd – 6th:** Free substitution in the second half (3rd & 4th quarters). All players must play in the second half.
- NOTE: in leagues with combined grade divisions, the lower grade will play by the rules of the highest grade in the division.
- EXCEPTION: teams with more than 10 players are allowed to substitute freely in order to meet the 50% playing rule.

General Rules:

- Teams finished playing are required to leave the floor immediately. Post game meetings must take place away from the court so the next scheduled game can begin on time. Please be courteous to games in progress.
- ALL players must raise their hands when a foul has been called on them.
- All interpretations of the rules shall be the responsibility of the referee, then the sports committee, and all decisions are considered final.
- Each coach has the responsibility of making sure that players, parents, and spectators conduct themselves in a sportsmanlike manner at all times at all games.
- Practice sessions are limited to a maximum of one hour and no more than two per week.
- Smoking is not permitted at any time in or at any YMCA and/or GISD/RISD facility. This includes practices and games.
- The coach is responsible for the conduct of their team and for the proper use and care of GISD/RISD facilities.
- Players cannot enter the school facility for practice until their coach (or designee) is present. Players cannot remain in the school facility after their coach has left. The coach is the last to leave the practice facility after ALL members of the team have departed.
- Players, coaches, spectators, parents, and siblings are not to go into any area of the practice facility except the gym and restrooms. No wandering in the hallways and balls are not to be bounced outside the gym.
- **Respect for school personnel and property is expected at all times.**
- Practices begin after the Thanksgiving holiday.
- Coaches must present a practice card and a picture ID when requested by GISD/RISD personnel.
- GISD/RISD recognized student groups have first priority for GISD/RISD facilities. Team practices can be bumped **without** notice. Teams shall respect and honor any changes in practice schedules and shall not disturb GISD/RISD facilities to conduct a practice.
- Coaches must not contact school and/or GISD/RISD officials with "special" requests. All practice requests must go through the Richardson or Garland Family YMCA Sports Director.
- Each team will supply a volunteer scorekeeper and/or timer.
- Teams provide uniforms. Uniforms must be identical in color, have a number on the back and the "Y" logo on the left sleeve or chest.
- **PLEASE RESPECT THE REFEREES:** Please discuss any concerns AFTER the game AWAY from the court, in a respectful manner. If you feel attention needs to be called to your court during the game, send someone to find a YMCA staff member. Coaches, players, parents and spectators who are **offensive in any way to a referee, will be ejected and suspended for a time to be determined by the Sports Committee.** Abuse of a referee will not be tolerated!