

YOUTH BASKETBALL 3rd/4th Grade Leagues



Playing Time

At the YMCA we want each player to have the opportunity to play and learn the game. Therefore, coaches must strive to provide each player with equal play time in every game for the players present. A player will be allowed to participate in a game if the player has missed a practice, however all players should be encouraged to attend all practices. If you are struggling to figure out playing time a good rule of thumb is to sub every 5 minutes.

Number of Players

Games will be played 5 on 5. If a team is short players for any given game, they may borrow players from the opponent to field enough players. If there are not enough players to play 4 on 4, the gym supervisor has the option to work with the coaches and players present to divide registered participants into two teams and still host a modified game. The games will be deemed as sanctioned by the YMCA for all intents and purposes.

Equipment

Players are required to wear a YMCA basketball jersey, shoes with non-marking soles, socks and athletic shorts or long pants.

Court Requirements

Basket height will be set at 10 feet. Official Women's (28.5) size basketballs will be used for this age group.

Games

At the start of the game, possession is determined by a jump ball. Games will consist of two 20-minute halves. There will be a 3-minute halftime. Score will be kept on a flipchart or scoreboard, as well as a score sheet. In the event the score has reached a 20-point differential, the displayed score will be turned to zero. Once the differential in score drops below 15 points the score will once again be displayed on the scoreboard/flipchart. Each team may be asked to provide a volunteer to keep score.

No overtime will be played. Substitutions may be made at any time, sub breaks and time outs only. No overtime will be played.

Referees will be provided for this age group.

Rules of the Game

Teams may only play man –to –man defense. No zone defense. A defender may not stand in the lane for more than 5 seconds without closely guarding an offensive player.

No backcourt presses. (The defense cannot defend in the backcourt.)

No double-teaming is allowed. Double teaming is the intentional and persistent guarding of a player by two defenders. A recovery period for a defender will be allowed in help situations. Players in the key will not be called for a double team if they are guarding the front of a player during a put back or rebound.

Switching will be allowed on screens and teams may use help defense.

A 5 second lane violation will be called.

- A lane violation is when an offensive player remains in the lane for more than 5 seconds without an attempted shot. After an attempted shot, or receiving a pass, a new 5 second count will begin.

Players have 5 seconds to inbound the ball.

Five second violations will be called. -A five second violation is when the offensive player is immediately guarded, and is inactive (is not dribbling, passing, or shooting) for more than five seconds.

Players will have 10 seconds to bring the ball across half-court Free throw line will be 12 feet from the backboard.

All substitutes must report to the scorer's table and wait for the official to motion the player(s) onto the court.

Any technical fouls will result in an automatic 2 points and possession of the ball to the opposing team.

- If a player receives two technical fouls in a game, they will be ejected from the game and suspended from the next game. If a player received 3 technical fouls in a season, they will be suspended for one game and the parents and player must meet with the Sports Director before being permitted to play again. Four technical fouls in a season will result in removal from the league, and no refunds will be given.

-If a coach receives 2 technical fouls in a game, they will be ejected from the game and suspended for the next game, upon the Sports Director's discretion. Three technical fouls in a season will result in a minimum one game additional suspension. If a coach receives four technical fouls in a season, they will be removed from their coaching duties for the remainder of the season.

Coaches must stay inside the coach's box (if not designated, the coach's box is considered within reasonable distance from their player's bench, 14 feet long) and may only approach the score table during time outs, half time, or dead balls. Only one coach is allowed to stand at a time. First offense results in a warning and second offense is a technical foul.

Additional YMCA Rules

-Opposing parents/coaches and players will shake hands after each game.