

Anaheim Family YMCA Youth Basketball Rules

Article 1 Official Rulebook

The Anaheim Family YMCA Youth Basketball Program will follow the rules set forth in the National Federation (CIF) Rulebook and the YMCA Youth Sports Manual unless otherwise noted below.

1. Quarter Breakdown: The 1st and 2nd quarters will constitute the 1st half. The 3rd and 4th quarters will constitute the 2nd half.

3-4 Division teams will play 4 seven and a half minute quarters running clock.

5-6 Division teams will play 4 seven and a half minute quarters running clock.

7-8 division, **9-11** division, **12-14** division and **15-17** division will play 4 six-minute quarters.

Every quarter the clock stops on:

- Timeouts
- Free throw attempts
- Officials' time out
- **Every whistle during the final minute of the game.**

2. Player Participation

Number of players	Quarters to be played
5 players	All play 4 quarters
6 players	2 play 4 quarters 4 play 3 quarters
7 players	6 play 3 quarters 1 plays 2 quarters
8 players	4 play 3 quarters 4 play 2 quarters
9 players	2 play 3 quarters 7 play 2 quarters
10 players	All play 2 quarters

Exceptions:

1. If a player misses two consecutive practices, that player is only required to play one quarter. The coach **MUST** tell the score keeper **BEFORE** the game starts. If the coach doesn't, the player will be required to play their two quarters.
2. If a player arrives late to the game, that player's participation will be changed.
3. If the player arrives before the second quarter starts, he will still need to play his or her two quarters.
4. If the player arrives after the second quarter starts, the player is only required to play one quarter.
5. If a player gets hurt and must come out for the quarter, the quarter will be counted as follows.
 - The quarter will be charged to the injured player if he/she plays more than 3 minutes of that quarter.
 - The quarter will be charged to the replacement player if he/she plays more than 3 minutes of that quarter.

The replacement player will be chosen by the opposing coach.

Penalty: Those teams not complying with the player participation rule will forfeit the game. The YMCA will review the protest and make a decision within three days. The **only exception** to the participation rule is if there is an injury to a player which makes it impossible to continue or health problems, or not enough players show up to the game.

Forfeit: The team with 3 or less player when it is 15 minutes after scheduled start time will have to forfeit the game. If your players foul out to make your eligible player number 3, your team will have to forfeit the game. Play will continue but game will be officially over.

3. Timeouts

Each team will be allowed two timeouts in each half. No accumulation of time outs is allowed. One timeout will be granted to each team for each overtime period. PENALTY; A technical foul will be assessed the team calling a third time out and the opponent will take the ball out of bounds. Time outs are 30 seconds. **THE COACH MAY GO TO THE SCOREKEEPER AND CALL TIMEOUT IF THEY CANNOT GET THE ATTENTION OF THE REFFREE.**

4. Jump Ball

Once the ball is tossed to start the game that will determine the ball possession at the beginning of each quarter, the jump ball will alternate back and forth throughout the game. This jump ball will carry through out the overtimes. Ex: If you win the toss up to start the game you will be granted the ball to start the third quarter. The other team will be granted the ball at the start of the second and fourth quarter.

5. Inbounding Position

The ball will be inbounded at half court:

- At the start of each quarter.
- On a Fourth quarter or overtime timeout if requested by the coach who called the timeout.

The ball will be inbounded at the $\frac{3}{4}$ quarter marker when:

- Jump ball occurs at the free throw line and above.
- Fouls occur at the free throw line and above.
- Time Outs occur at the free throw line and above.
- The ball is knocked out of bounds at the free throw line and above.

The ball will be inbounded at the baseline when there is a:

- Jump balls occur at the free throw line and below.
- Fouls occur at the free throw line and below.
- Time Outs occur at the free throw line and below.
- The ball is knocked out of bounds at the free throw line and below.

6. Full Court Defense

Division 3-4 can start their defense after they run back and set up.

Division 5-6 cannot start their defense until the other team passes the line that is designated by the YMCA staff.

Penalty: (Divisions 3-6) If the team violates this rule the other team will be given the ball out of bounds.

Division 3-4 and 5-6 cannot full court pressure at any time throughout the game.

Division 7-8 Full court pressure will only be allowed during the last two minutes of the fourth quarter.

Division 9-11 This division has the same rules as the previous division; except that this division can apply full court pressure the entire 4th Quarter.

Division 12-14 This division has the same rules as the previous divisions; except that this division can apply full court pressure the entire 2nd half.

Penalty: (Divisions 7-14) The official will issue one warning for illegal back court pressure per half. After the first warning, a technical foul will be awarded to the offensive team. (See technical fouls for more details)

Note: An unintentional loose ball in the back court is not considered an illegal defense violation.

Division 15-17 May press at any time

7. Key Violation

Divisions 3-6 there is no Key violation

Division 7-8 an offensive player may not be in the key for more than 5 seconds.

Divisions 9-17 an offensive player may not be in the key (paint) for more than three seconds.

This violation will award the ball to the opposing team.

8. 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. Possession arrows will settle jump balls.

9. Fouls

Divisions 7-17: All players foul out on their 5th foul. When a player fouls out, coaches from both teams and refs approach the score table to decide which player goes in. The coach from the other team picks which player goes into the game. When a player fouls out and the total number of eligible player's falls below four, the game is forfeited. After two technicals, the player is out of the game, and depending on how severe the situation, it could merit a one game suspension.

10. Technical Fouls

On ALL technical foul the team will be granted two free throws and awarded the ball at half court. The coach may choose any player on the court at the time of the technical foul to shoot the free throws. If the technical foul occurs after a quarter, any player on the team is eligible to shoot the free throw and the ball will be awarded to them at the start of the next quarter. **On an illegal defense technical foul you will only be awarded ONE free throw and possession of the ball.**

NOTE: Referees may issue a technical foul for players using foul language. A referee need only give one warning, if there is a second violation by a player, a technical foul can be issued.

11. Free-throw Rule

Divisions 3-6 will not shoot free-throws.

Division 7-8 will shoot in front of the free-throw line. They will shoot in between the first and second hash marks. Non-shooting players must wait until the ball hits the rim to enter the key.

Division 9-11 must shoot from the regulation free-throw line but is allowed to fall across the line on their attempt. Non-shooting players must wait until the ball hits the rim to enter the key.

Division 12-17 cannot cross the free-throw line. Non-shooting players must wait until the ball hits the rim to enter the key.

Note: If the ball does not hit the rim, on the final attempt, the ball is automatically turned over to the other team. The rim is considered the orange rim, not the backboard.

Clock- Re-starts once a hand touches the ball NOT when it hits the rim.

Bonus: The team will shoot the one & one bonus free throws on the 7th team foul in each half. On the 10th team foul is double bonus, which is two free throws on each non shooting foul.

REBOUNDING POSITION

Division 7-8 the player will be allowed to line up to rebound the free-throw below the box.

Divisions 9-11 The players are to line up to rebound the free-throw above the box

12. Mercy Rule

If a team is 20 or more points ahead of another team at any time in the second half, the game is officially over. The scoreboard will stop recording the score, but the scorebook will continue. If the score comes back to within 10 points the score will be put back on the scoreboard. There will be no full court pressure allowed for winning team. Any full court pressure will be called for an illegal defense.

13. Overtime –Stop clock

Divisions 9-17 there will be an overtime period if tied after regulation. Overtime period will be two minutes in length. If still a tie game, teams will go to Double Overtime. Double Overtime will occur if teams are still at a tie after the overtime period. The ball is jumped in the middle of the court and the first team to score a point is the winner.

Substitutions will be allowed during the overtime periods. Substitutes will only be allowed on the court after they check in at the score table. Substitutes are only allowed to enter the court on a dead ball. If a player fouls out or has to come out due to injury during the overtime period, the opposing teams coach does not pick the replacement player.

14. Coaches' responsibility

All coaches need to check in at the score table, and tell the scorekeeper if all their players are present before game starts, whether players are ill, not shown up for practice, or any other situations.

15. Coaches' Conduct

Absolutely no abusive language will be tolerated towards players or game referees. No smoking will be permitted on the playing courts. No alcoholic beverages will be allowed at any YMCA function. If a coach receives a technical, he will be asked to sit on the bench.

If a coach receives a 2nd technical foul for unsportsmanlike conduct during a game from the referee: The coach will be ejected from the game and shall leave the premises immediately, and will be suspended for one game. If this action occurs a 2nd time, the coach will be dismissed for the season.

16. Spectator's Conduct

Neither swearing nor harassment of game referees will be permitted. Spectators shall at no time use signs, gestures, degrading comments toward opposing coaches, players, other spectators, or game referees.

Penalty – Any official may request that the spectator vacate the facility immediately. If the offending spectator refuses to leave the facility, the basketball game will be suspended until the spectator vacates the premises. In addition, the offending spectator may not attend the following game. A one game suspension will be enforced.

17. Safety of Players

a. Determine that each player is properly suited and in proper footwear.

b. No jeans or cargo shorts allowed ensuring the players safety.

c. No jewelry should be worn.

d. Be sure the playing area is in a safe condition.

e. Be aware of the general health and physical condition of the players. Take these observations into consideration when making decisions concerning athletic participation.

f. Eliminate all "horse-play". It can cause accidents.

g. Bench any players who will not properly behave themselves and or use abusive language between coach, official or team players.

h. Always be consistent and fair in your discipline decisions.

18. Delay of Game

One warning will be issued for a delay of game. If there is a second violation it will be considered a technical (*See technical fouls*). Things that are considered a delay of game are:

- Late check-in of players at each quarter
- Players throwing the ball away from referees at the end of the quarter or during the game when the ball needs to be handed to the referee.
- Untied shoe laces- *Each team gets 3 chances before its considered delay of game.*
- Player attempts to play defense over and/or across the sideline or baseline.