



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
1 st -6 th 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.

Ball Size/Basket Height:

Pre-K: 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
4. Time-outs: Each team is allowed one-minute time-outs per half. Time-outs **do not** carry over to the second half.
5. Technical Fouls: Technical fouls will result in 2 free throws and possession of the ball for the opposing team.
Player: must sit out remainder of game
Coach: after second technical foul will be required to leave the building
Fan: after second technical foul will be required to leave the building
6. Substitutions: Substitutions are only allowed during a dead ball whistle. Coaches must get the attention of an official to have substitute motioned onto court.
7. 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
8. Free Throws Free throws will be shot for any regular shooting fouls or when a technical foul occurs
1st-2nd Grade: will shoot from the 10' line
3rd-4th Grade: will shoot from the 12' line
5th-6th Grade: will shoot from the 15' line
9. Defense **Must use man-to-man defense, not zone.** Colored wristbands will be provided if necessary.
5th-6th Grade: Coaches need to remind players to drop back to half court after a rebound.
10. Stealing Pre-K-4th Grade: **NO** stealing off dribble / can steal passes
5th-6th Grade: can steal off the dribble / can steal passes
11. Pressing **NO PRESSING ALLOWED**