

# Recreational Youth Basketball Guidelines & Rules

Ages 3-8

## Teams, Courts and Equipment

Age	Max/Min # of players per team	Ball Size	Court Size	Goal Height	Game Length	Substitutions
3-4	10/8	Mini	Full	6 ft.	(2) 10- minute halves	5 minute mark
5-6	10/8	Junior	Full	8 ft.	(2) 10- minute halves	5 minute mark
7-8	10/8	Junior	Full	9 ft.	(4) 8-minute quarters	4 minute mark

A team must have 5 eligible players to start a game.

Uniforms will consist of:

- No hard soled shoes
- Jersey with numbers on the **front** and **back**. Jerseys will be numbered 1 - # of players in the league
- Shorts of individual choosing (Recommend black or white)

All players must be in uniform by the beginning of the 2<sup>nd</sup> game or lose the privilege of playing.

## Players and Playing Time

Each player present at the game must play a minimum of two (2) complete quarters or the game will be forfeited by the team in violation this rule. The only exceptions to this rule are:

- Players who do not come to practice (Must be reported to scorers table)
- Disciplinary problems (Must be reported to scorers table)
- Illness
- Injury
- Player fouls out





## **Sportsmanship**

Every game will start with the official reviewing sportsmanship with each coach and team.

Youth sports coordinator, director, or designated volunteer will do pre-game huddle at center court with both teams, which will include devotion and/or developmental asset of the week. Every game will end with both teams meeting at center court for a team handshake.

All coaches will be responsible for their players and parents conduct at all times i.e. before, during and after every game and practice. Only the coach has the authority to consult with a referee. Abusive language will not be tolerated. Any type of fighting or instigation (taunting) will cause the guilty party to leave the game and possibly not be allowed to attend future games; discretion of the Youth Sports Director or Coordinator.

If a player is ejected from a game, the player must leave the team bench but may remain in the stands among spectators as long as his/her continued presence does not cause a problem. If an adult (coach or spectator) is ejected from a game, the adult must leave the facility. Failure to comply with these provisions shall mean forfeiture of the game.

The YMCA and its Youth Sports Cabinet have zero tolerance for unsportsmanlike behavior from coaches, players, and spectators. We would encourage all coaches to let the Tampa Metropolitan Area YMCA Sports Department know if such behavior is occurring in our youth basketball program.

## **Timing**

Games will be played with a running clock and will have a 2 minute halftime break. Each team will be allowed two 1 minute time-outs per half. There will be no timeouts in 3-4 & 5-6 year old divisions. They do not carry over to the second half. Aside from time outs, the clock will also stop for injuries, free throw technical fouls and the last 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarter.

## **Overtime**

For ages 7 & up, games tied at the end of regulation will have a two minute overtime period. There will be (1) 30 second timeout allowed. The team that had first possession in the first half will also have first possession during overtime. If the game is still tied at the end of this period, there will be a sudden death second overtime period beginning with a jump ball at center court. First team to score in sudden death wins. During the overtime period, the clock will stop on all timeouts, injuries, fouls, and change of possessions.

## **Forfeiture**

The following situation may result in forfeiture:

- violation of the playing time rules
- having fewer than 5 players to start the game
- playing with unregistered players or players not on the team's roster
- unsportsmanlike conduct by players, coaches or fans

## **Scorekeeper/Timer**

The YMCA is responsible for acquiring a scorekeeper and timekeeper 10 minutes before each game played. The YMCA should provide instructions. Each scorekeeper and timekeeper will be furnished an official score sheet and verbal instructions for the performance of his/her duties.

The scorekeepers will compare their records after each goal, each foul and each charged time-out. They shall notify the referees at once of any discrepancy. If the errors cannot be found, the referee shall accept the score sheet, unless they have knowledge which permits them to decide otherwise. The scores shall keep a record of names and numbers of players who are to start the game and all substitutes who enter the game. When there is an infraction of the rules pertaining to submission of the roster, substitutions or number of players, they shall notify the nearest official.

Any substitute who desires to enter the game shall report to the scorers table. The substitute shall remain outside the boundary until an official beckons him/her into the game.

The three (3) point shot will **NOT** be in effect in the 3-8 year old divisions.

Teams will not be allowed a lead greater than 20 points. Both teams will receive 2 points, until the deficit is less than 20.

## **Practices and Games**

Each team in age divisions 7 & up will be scheduled one practice session per week on-site for 1 hour. Additional practice sessions are **NOT** allowed each team in age divisions 3-6 will be scheduled a 40 minute skill development session before their game on Saturdays. All games will be held on Saturdays.

## **Defense**

Zone or "spot" defense – Ages 3-6

Man-to-Man defense – Ages 7 & up

Double-teaming or doubling up is not allowed in the 3-14 year old divisions.

**Exception:** When the ball is in the lane.

A change of possession following a rebound requires the opposing defense to "fall

back" to their end of the court. An offensive player may not be guarded until the offensive player has both feet across the mid-line of the court.

**(NO full court press)**

For the 3-6 year old division's double dribble and traveling calls will be made for instructional purposes only. There shall be no change of possession. The ball will be taken out at the side-line. For ages 7-8, the player will be issued two warnings. After two warnings, a change of possession will occur.

**For divisions under the age of 7, stealing the ball while the offensive player has controlled possession will not be allowed. A steal may only occur during a pass or if the offensive player loses control of the dribble. Defensive players cannot take the ball out of the offensive players hands.**

There shall be no inadvertent back court violation (over and back) in the 3-8 year old divisions. The referee's judgment shall be used regarding intent.

Screening (picking) is not allowed in the 3-8 year old divisions. The act of screening allows one or more offensive players to block the path of a defender attempting to guard the dribbler.

"Warnings" shall be given by the referee for the following:

- Violation of the half court defense rule (i.e. guarding in the back court)
- Double teaming
- Screening in the 3-8 age divisions

In the 3-8 year old divisions "warnings" and technical fouls will be given at the referees discretion.

We will have an alternate possession on jump ball calls. A regular jump ball will take place at the beginning of the game for ages 7 & up. From that point on, the jump ball calls will result in the two (2) teams alternating taking the ball out of bounds. The first possession will go to the team that did not gain control of the opening jump ball. An indicator will be placed at the scorers' table to show which team gets possession of each jump ball.

**Fouls**

No fouls will be kept for ages 3-6. Team fouls only will be kept for ages 7-8.

After the 7<sup>th</sup> team foul and each non-shooting foul thereafter will result in a 1&1 foul shot. The 10<sup>th</sup> team foul will result in two free throws.