

## **New Canaan YMCA in partnership with Stamford Peace Youth Foundation**

### **Boys and Girls Recreational Basketball League "Y-Ball"**

#### **Kindergarten through 8<sup>th</sup> Grade League Rules and Guidelines**

The League Rules, in conjunction with the YMCA Code of Conduct, are designed to help promote balanced play and enjoyment for all involved. It is the responsibility of every coach and official of the YMCA to ensure that the intent of these rules is followed and that technicalities are not used to gain unfair advantage. Violations of the letter, or the spirit of these rules will be reviewed by the YMCA and are subject to action.

#### **General**

**Pre-game warmups are limited to players participating in the upcoming game.** Teams should run organized drills or layup lines. Coaches and referees should ensure that non-participants remain off the court.

**Players and Coaches** must stay in their designated team area during games. Coaches may shout encouragement and reminders for proper positioning and play, but should avoid shouting reprimands at their players, opposing players, referees, or other coaches during the game.

**Spectators** must stay in their designated areas during games. It is not appropriate for spectators to remain on or near a team's bench during the game. Let the player's play, coach's coach, ref's ref, and enjoy the game.

#### **Basketballs**

All players are encouraged to bring a ball to practice and games. On game days the referees will choose one ball to play the game with. The ball should be properly inflated and bounce to waist height when dropped from shoulder height.

Ball sizes for each grade level can be seen on the Rule Differences Chart.

#### **Weather Policy**

- 1- Weekdays at School Venues- Whenever school is cancelled (or dismissed early) for snow, all NCYMCA basketball evening events are automatically cancelled, including any basketball related events at the NCYMCA. If there is a delayed opening at school, NCYMCA basketball events are still on, unless you specifically hear otherwise from your coach or the NCYMCA Sports Director.
- 2- Weekend Games at School Venues- Our determination regarding whether to play is generally based upon (besides road conditions) the custodian's ability to make it to work, as they have the keys to open the buildings. As soon as we have information that the schools will be closed, we will pass along that information through the coaches and by email.

- 3- Weekend and Weekday at the YMCA- NCYMCA basketball activities at the YMCA will be cancelled if events at the school venues are. With severe weather we do not want anyone to risk getting hurt, participants and employees alike, therefore if basketball activities are cancelled, so are basketball activities at the NCYMCA.

\*All game cancellations, including forfeits, must be coordinated through the league, as there are paid referees and other scheduling considerations.

### **Facilities Regulations for NCYMCA use of Public and Private Facilities**

#### **Change into “clean” sneakers:**

-Players should always bring sneakers to be worn on the court, regardless of weather outside. Please do NOT wear your “game” shoes to the gym.(NOTE: It is neither necessary or expected that new shoes be purchased for Y-Ball play. Playground sneakers are fine as long as they come to the gym clean of dirt on the bottoms.)

-Players should change into their “game shoes” in the indoor areas OFF of the courts, prior to stepping onto the gym floor. This policy applies to both games and practices.

-Players should make sure that “game shoes” are clean before leaving home. Items 1 & 2 are meaningless if players bring dirty shoes to the gym.

#### **Do Not Use the Court/ Common Area:**

-**Spectators**(including players waiting for their game): Do NOT play on the court at any time before or during the game(including half-time and time-outs). Spectators bring dirt onto the floor and it disrupts player preparation, as well as an already tight schedule. Players should leave the court immediately after their game. Do not go onto the court and shoot around after your game is complete.

-**Players and Spectators:** DO NOT bounce, throw, drop, spin on your finger, or otherwise handle a basketball in the hallways, common areas, or anywhere beyond the gym floor.

-**Spectators and players waiting on the sidelines** please do NOT bounce the balls! Bouncing the balls on the sidelines makes the refs and coaches jobs more difficult.

-**To All Attending a game or practice:** DO NOT play in the hallways or common areas! These areas are for changing shoes, using the bathrooms, and waiting for the previous game or practice to finish. Parents should accompany their children in the hallways and to the bathrooms. Proper behavior in the hallways and common areas needs to be strictly enforced in order to avoid damage to the building, bulletin boards, displays, and equipment.

-**If you are dropping your child off,** do not leave until your child is in the gym and you are sure that another adult is present to supervise. If the facility has put up barriers to prevent players and spectators

from entering a specific area, please respect those barriers. Parents, please watch that your children do not leave the designated areas.

**-Help out by providing gentle reminders** to those you observe breaking the rules.

## Game Rules

### Timing & Scoring

- Games will consist of four(4) quarters of eight(8) minutes each.
- Games must begin within 10 minutes of the scheduled start time, and end five minutes prior to the end of the scheduled gym period.
- There will be a one-minute break between quarters, and a maximum five-minute break between halves. Halftime may be shorter at the discretion of the referees.
- When a score clock is not available, the official timekeeper must announce, loudly enough for all to hear, 30-second intervals beginning with the last two minutes of each quarter, and count down the last 10 seconds of each quarter.
- Clock will run except for the final 2 minutes of the fourth quarter and last minute of overtime. The clock will stop for free throws, time-outs, at the direction of the referee.
- Clock will stop for 20 seconds during substitutions for the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> grade leagues. 5<sup>th</sup> through 8<sup>th</sup> grade, the clock will not stop and subs should be ready to step on the floor right away.

### Time-Outs

Each team will be allowed three(3), forty-five second timeouts per game. Unused timeouts do not carry over to overtime.

In the case of overtime, each team will be granted one timeout for each overtime period. No unused timeouts can be carried over to overtime periods.

### Ties/Overtime

- If a game is tied at the end of regulation, a 3-minute overtime period will be played. The following rules apply to overtime:
  - Playing Time Rules are suspended- any player may play regardless of prior playing time.
  - Stop time will be used for the final minute.
  - Each team will be awarded one timeout for use during overtime.
  - Second half team fouls carry over to the overtime period.
  - Overtime is essentially an extension of the fourth quarter; all rules that apply to game play in the fourth quarter, apply to overtime.

- If the score remains tied at the end of the first overtime during the regular season, “First to Score” rules will be implemented. The clock will not run. A jump ball will take place and whatever team is first to score will be the winners. During the playoffs, as many 3-minute overtime periods as necessary will be used until a winner is determined.

### **Players**

- Players and spectators must wear a mask.
- Player must arrive by the second 4 minutes of the first quarter (by the time of the first substitution mark).
- For a game to begin each team must have a minimum of 4 players. If a team has only 4 players and the other has 5, the team with 4 will play shorthanded.
- If a team has 3 or fewer players, that team must forfeit the game. If this is the case, the available players should be divided to form two teams and a practice game will ensue. Officials must remain and work such a game.

### **Playing Time**

All players must play a minimum of 2 full quarters per game; one in the first half and one in the second half. Subs will occur at the midpoint of each quarter and at the end of each quarter.

Coaches must follow the provided substitution chart for EVERY game and turn that chart into the scorer’s table at the start of each game.

No player may play in four quarters unless all teammates have played in three quarters. When there is little time remaining in a quarter, consider your intended lineups for the remainder of the game when making a substitution.

The goal is to provide as equal playing time as possible to all team members.

### **Violations**

If a violation of the Playing Time Rules is discovered during game play:

The game and clock will be stopped.

The player, or players, in violation are removed from the game and replaced by eligible players.

The offending team is issued a technical foul.

The YMCA considers violations of the Playing Time Rules to be a serious matter; this league is about participation and fun, camaraderie, and enjoyment of the game. In addition to the game penalties, the YMCA will review all violations and take whatever action is necessary to ensure compliancy with the rules. These penalties can include being removed from a coaching position.

## YMCA House Rules

These rules are designed to help maintain an appropriate level of competition for every player in the Y-ball league, not to create opportunities for advanced players or creative coaches. Any coach who attempts to exploit these rules to gain advantage does not grasp their intent and spirit, and will be subject to penalties, up to and including removal from coaching position, for not following these rules.

### Illegal Defense

#### 1- Backcourt Defense

- a. Once a team gains control of the ball in the backcourt, the defensive team must retreat to the top of the key and wait until the ball crosses the half court line before playing defense.
- b. Exceptions to the backcourt defense are in the 5/6<sup>th</sup> grade leagues, where full court pressure is allowed in the 4<sup>th</sup> quarter and overtime periods with less than a 15 point lead. The 7/8<sup>th</sup> grade leagues may apply full court pressure at any time, when leading by less than 15 points.
- c. The penalty for playing illegal backcourt defense is a violation. Unintentional violations will be decided by the referee if a throw in is necessary or if play can resume as is. Intentional backcourt defense may result in a technical foul at the discretion of the referee.

#### 2- Unguarded Player

- a. Whenever an offensive player is in the frontcourt- area between the foul line and baseline- that player **must** be defended in a closely guarded situation. **“Defended” means the player is within 2 steps of the offensive player.** If the defensive player is NOT within 2 steps of the offensive player it is considered illegal defense.
- b. Exceptions: 5/6<sup>th</sup> grade may use zone defense in the 2<sup>nd</sup> half of games and overtime. 7/8<sup>th</sup> grade may use a zone defense at any time.

#### 3- Double Teaming

- a. If a defensive player leaves the offensive player they are guarding- that is, goes **more than 2 steps** away from the player they’re guarding, and double teams another offensive player, it is considered illegal defense.
- b. It is not considered double teaming when a defensive player gets beat and another defender comes over to help. Help defense is when a defender not on the ballhandler steps over to play defense while the primary defender recovers. Upon recovery from the primary defender, the help defender should return to their assigned matchup.
- c. It is NOT considered double teaming when an offensive player dribbles into traffic or into multiple defenders.
- d. Double teaming will not be called immediately following a loose ball or rebound, as any player is legally allowed to pursue the ball.

- e. Exceptions: 5/6<sup>th</sup> Grade may use zone defenses in the 4<sup>th</sup> quarter and overtime. 7/8<sup>th</sup> grade may use a zone defense at any time.

#### **4- Packing In**

- a. Denying access to the 'key' areas by "packing in" is considered to be a zone defense and an illegal defense violation.
- b. Exceptions: 5/6<sup>th</sup> grade may use a zone defense in the 4<sup>th</sup> quarter and overtime. 7/8<sup>th</sup> grade may use zone defense at any time.

**Each team will be given 2 illegal defense warnings. Upon the 3<sup>rd</sup> violation and subsequent violations, referees at their discretion will issue a technical foul, with 2 shots and the ball awarded to the offensive team. The illegal defense count is tallied over the course of the game and not by halves.**

#### **Isolation Plays**

Isolating single offensive players in an effort to take advantage of the foregoing rules is prohibited. For example- if an offensive team sends four players to the margins of the floor in an effort to create space for a "one-on-one play", the referees will stop play and warn the coach to the illegal isolation play. Repeated violations of this rule are considered unsportsmanlike and technical fouls may be assessed.

#### **Other House Rules**

Offensive players cannot remain in the key for longer than 3 seconds. In the 3/4<sup>th</sup> grade divisions, the lane violation will be called after 5 seconds.

All other rules that have not been addressed in this document will follow the IHSAA high school basketball rules.

#### **Multiple Team Fouls/Penalty**

During the last 2 minutes of the game, and the last minute of overtime, the following rules apply:

- In lieu of a "bonus" situation on the 7th and 10th team foul of a half, every non-shooting foul during the final two (2) minutes of the last quarter and overtime will automatically result in a 1&1 free throw. Shooting fouls are unaffected by this rule, and will result in either two (2) free throws on a missed basket or one (1) free throw ("And 1") on a made basket. Individually, players will be disqualified on their fifth (5<sup>th</sup>) personal foul.
- If a team has 10 or more team fouls in a half, all common fouls will result in 2 shots.
- For the Kindergarten-2nd grade leagues the referees will determine the distance for free throws.

#### **Technical Fouls/Multiple Technical Fouls/Flagrant Fouls**

Upon receiving a technical or flagrant foul, a player, coach, or parent will be **ejected** from the game. In addition, a **mandatory next game suspension is issued**, and a subcommittee of the YMCA will convene to determine any other penalties based on the extent of the infraction. The imposition of additional penalties rests within the sound discretion of the organization.

\*The use of the word **mandatory** is intentional and the YMCA means what it says. An ejection in a semifinal game means disqualification from the finals. Repeated technical fouls in separate games will result in disciplinary action. All technical fouls and/or ejections MUST be reported to the Sports Director on the day that the technical foul or ejection occurs.

### **Jerseys**

Jerseys should be returned to coaches on the last day of games.