



Basketball Rules

Goal:

Our goal is to teach every child the game of basketball through maximum participation and to have fun during the season. Each child shall play at least 50% of each game.

Philosophy:

Our philosophy is to put winning and competition into perspective. We support kids first, winning second while teaching sportsmanship, values – caring, honest, respect and responsibility, and to have fun.

Roster:

Teams will consist of 7-9 players

Player Uniform:

- Tennis shoes – no hard-soled shoes or black sole shoes
- No jewelry is allowed
- All players must wear their YMCA jersey

Players:

- Each Team will consist of a minimum of 6 players and a maximum of 12 players
- **No Gum**

Playing Time:

- All players must play equally regardless of ability to play or position.
- All games must start on time! Please arrive early to ensure all games start on time. If for some reason a game begins late, the game time may need to be adjusted.
- If a team cannot field at least 4 players, the game will be forfeited after a 5 minute waiting period. YMCA Staff members may ask the other team to loan a player or two to have a game.
- A team may play with only 4 players but the opposing team is not obligated to play with four players and may play with 5.
- 5 minute half time

Game Administration:

- A jump ball or paper, rock, scissors will determine the start of the game.
- Team will be given 5 (see table) timeouts per game, 60 seconds in length. Substitution may be made at timeouts and on dead balls.
- Score will be kept on the scoreboard (for full court games). In the event that the score has reached a 20 point differential the winning teams score will not be kept unless losing team scores again (displayed score will always be 20 or less differential).
- All substitutions check in at the score table and wait to be waived in by the referees.
- Possession arrow begins facing the direction of the team that did not receive the initial jump ball. During play, should a jump ball be called, the possession arrow changes directions. At half-time, the possession arrow must be switched due to the fact that the teams change direction.
- At the beginning of each quarter, possession is given to the team that is to receive possession of the next jump ball.
- All in-bound plays will take place nearest the spot where the ball went out or where the foul occurred.
- Free throw line will be regulation (15 feet).
- Players must shoot from the regulation free throw line, but they can jump over the line if necessary (10U). However, the shooter cannot rebound their shot.

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- Games can end in a tie, no overtime.
- Clock stops in last 2 minutes of game on dead balls unless team has 15 or more point lead.

****Note:** This is an instructional league. The rules have been modified to help all players develop proper fundamentals and to provide

	Pee Wee	6U/8U	10U	12U/14U
Teams	5vs5	5vs5	5vs5	5vs5
Rim Height	Lowest Height	6U-6ft 8U-8ft	Regulation Height	Regulation Height
Court Size	Short Court	Short Court	Full Court	Full Court
Ball Size	Size 4 25.5	Size 4 25.5	Size 5 27.5	Size 7 29.5(boys) Size 6 28.5(girls)
Game Length	30-minute practice Four 6-minute qtrs	*Four 8-minute qtrs. *3 Minute Half time	*Four 8-minute qtrs *3 Minute half time	*Four 8-minute quarters *3 Minute half time
Game Start	Coin Toss	Rock, Paper, Scissors	Jump Ball	Jump Ball
Free Throws	None	None	Free Throw Line	Free Throw Line
Substitutions	Dead Ball	Dead Ball/Time Outs	Dead Ball/Time Outs	Dead Ball/ Time Outs
Full Court Press	None	None	Okay until a 10pt deficit	12U Okay until 10pt deficit 14U/16U/18U Okay
Defense	Man to Man Colored Wristband	Man to Man Colored Wristband	Man/Zone	Man/Zone
Time Outs	2 per half	2 per half	5 per game	5 per game
Technical Foul	Ejection	Ejection	Ejection	Ejection
Stealing	None	No steal from hands, but may get the ball during a pass	Allowed	Allowed

a positive introduction to the sport of basketball

Technical Fouls:

- ***Disrespectful Behavior:** Disrespectfully addressing an official or overtly showing resentment to a call, slamming the ball to the ground
- ***Profanity:** Using offensive language
- ***Delay of Game:** Deliberately slowing the game
- ***Intentional Contact:** Purposeful, aggressive contact with an opponent

Personal Fouls:

- Charging:** An offensive player who runs into a defender who has established a legal guarding position
- ***Illegal Contact:** Pushing, holding, or impeding an opponent's progress by extending an arm, leg, or knee
- ***Blocking:** A defensive player disrupts an offensive player's progress by failing to establish a legal guarding position
- ***Reaching:** A defender illegally contacts an opponent while trying to steal the ball
- ***Illegal Screen:** An offensive player sets a screen that moves or makes illegal contact with a defender
- ***Pushing:** Illegal use of hands to forcibly move an opponent.
- ***Holding:** Impeding an opponent's freedom of movement by grabbing or pulling them with any part of the body

Violations:

- ***Traveling** Lifting Pivot Foot, taking more than two steps without a dribble
- ***Double Dribble** Dribbling after you pick up your dribble, dribbling simultaneously with two hands
- ***Back Court:** Once the ball crosses the mid-court, the offensive team cannot return to the backcourt
- ***Carrying:** A player's hand is too far to the side or underneath the basketball while dribbling
- ***10-Second Rule:** The offense fails to get past half court within 8 seconds
- ***5-Second Rule:** A player fails to pass the ball inbounds within 5 seconds during a throw-in

*****Violations will not be enforced for the 6U age group.***

*****Violations will be called in the 8U age group in a teaching manner. The ball will not be turned over during the first half but will last for the second half. The ref will use their discretion and may not call a violation every time a child travels, double dribbles, etc.***

*****Violations will be called, and the ball will be turned over at the 10U and older age group-the ref will use their discretion on all calls.***