YMCA of McCook Youth Basketball – Recreational League Rulebook

Updated 2027

YMCA GOAL

The YMCA goal is to provide youth the opportunity to play basketball. To teach the sport and to put positive principles into practice. Sportsmanship, teamwork, and fun are to be emphasized. This is an instructional and recreational based league.

YMCA FACILITY POLICIES

- **All YMCA facilities, game and practice locations included, are tobacco and alcohol-free zones. All facilities and locations are pet/animal free zones for the direct safety of others.**
- **No food or drink allowed in gym. Bottled water only.**

YMCA PARTICIPANT AND SPECTATOR CONDUCT

- **All coaches, players, spectators, and volunteers are expected to adhere to YMCA philosophies, guidelines, & codes of conduct & should hold themselves to the utmost integrity.**
- **Coaches are responsible for all team members before, during and after games and practices.**
- **YMCA referees, supervisors and volunteers are to not tolerate unsportsmanlike conduct. In the incident of poor sportsmanship, the violator will be reminded on first offense, and ejected on any second offense. Trash talk or taunting in the intent to embarrass, ridicule or demean others under any circumstance will not be tolerated. Physical harm to others is unacceptable.**

WARNINGS

Players or coaches who consistently infringe upon the rules of the game; make disrespectful remarks or gestures towards others; or otherwise conduct themselves in an unsportsmanlike manner may be warned by the official. If a second warning is necessary; violent conduct or serious foul play continues; or foul or abusive language occurs, then the player or coach may be suspended from the game. The Sports Director and CEO shall review the severity of the act and determine further action and/or discipline.

EQUIPMENT

- **Players will wear their provided YMCA team color shirt/jersey respective to their team & sport. Basketball shoes are recommended. Regular tennis shoes are fine. No crocs, sandals, open toe shoes etc. No black sole marking shoes. – NO jewelry, hats, towels, etc.**
- **Basketballs are available for practice at the YMCA and for checkouts by coaches practicing elsewhere. It is encouraged players bring their own ball if able. Team shirts will be handed out to teams prior to their first game.**

PRACTICES

Practices will be held at the YMCA on Tuesday and Thursday evenings and scheduled by the coach. Teams may also practice on Sundays by appointment only. Coaches will be contacted after the registration deadline to schedule practices. Teams will practice at least once per week. Practices will be approximately 45 minutes to 1 hour in length.

GAME RULES, PROCEDURES & GUIDELINES

DIVISIONS

Team/roster sizes will vary depending on the number of registrations.

- **1st-2nd Grade Boys: 5v5 – 27.5 junior size ball – 8′ rim height**
- **1st-2nd Grade Girls: 5v5 – 27.5 junior size ball – 8′ rim height**
- **3rd-4th Grade Boys: 5v5 – 28.5 women's size ball – 9′ rim height**
- **3rd-4th Grade Girls: 5v5 – 28.5 women's size ball – 9′ rim height**
- **5th-6th Grade Co-Ed: 5v5 – 28.5 women's size ball – 10′ rim height**

TIME & GAME FORMAT: Games will be played at the scheduled times. Please have your teams ready to play 10 minutes prior to the scheduled start time.

- **1st-2nd & 3rd-4th: Four, 8-minute periods. 1-minute period breaks, 4-minute halftime. No Timeouts. No overtime.**
  - **The clock will stop for substitutions every 4 minutes for no more than 30 seconds.**
  - **Running clock except for injuries.**
- **5th-6th: Four, 8-minute periods. 1-minute period breaks, 4-minute halftime. No overtimes.**
  - **Each team is allowed two 60-second timeouts per half. Unused timeouts may not carry over to the next half.**
  - **Running clock except for timeouts or injuries.**
  - **Substitutions can only be made on a dead ball. Coaches may use their timeouts for substitutions.**
- **Scoring:**
  - **1st-2nd: Score will not be kept.**
  - **3rd-4th & 5th-6th: Score will be kept; NO official standings will be kept.**
  - **Each team must provide one person/game to assist with scorekeeping/official book.**
- **Player Rotating: All coaches must play each player an equal amount of time regardless of ability. Teams should substitute approximately every 4 minutes.**
- **Officials:**
  - **1st-2nd: One YMCA official will be on the court to assist in directing the game along with one coach from each team.**
  - **3rd-4th & 5th-6th: Two YMCA officials will referee each game.**

COACHES

- **Teams may have up to 3 coaches during games.**
- **Coaches are responsible for having a rulebook and schedule on hand.**

GENERAL RULES AND GAME GUIDELINES

- **The court size shall be regulation for all grades.**
- **The official has the final say on all calls. Points of conflict can be brought to the sports director after the game.**

1st-2nd Division Specific Rules

1. **One coach per team is to be out on the court instructing their players.**
2. **Team that wins rock, paper, scissors with referee before game begins will start with ball. Alternating possession rules will then ensue throughout the game. Baskets will change at half time.**
3. **Substitutions will be made at or approx. every 4 minutes at the referee's discretion.**
4. **Out-of-bounds will be ruled in the corners below the free throw line and baseline if one foot is COMPLETELY out-of-bounds. If any part of the foot in question is in-bounds, a player is to be considered in-bounds. The ball may be dribbled on the line or outside the line in the corners or baseline. Above the free throw line, out-of-bounds will be officiated as regulation.**
5. **Players attempting to dribble will not be called for traveling.**
    a. **Traveling- Players taking three or more steps without dribbling.**
    b. **If traveling/double dribbling does occur, the referee should whistle the play dead and explain to the child what he/she did wrong then restart the play without losing possession of the ball.**
    c. **If the player continues to travel/double dribble after the 2nd warning, the referee may award the ball to the other team.**
6. **No fast breaks. All players must cross the centerline before the ball.**
7. **Man to man defense only. Players must guard opposing players with the same-colored wristband (provided by YMCA). Referees may stop play to explain to kids who they need to guard unless it puts the offense in a disadvantage.**
8. **Double teaming/trapping are not allowed. However, players will be allowed to come off their man to help inside the lane if their teammate gets beat, but they must return to their man once their teammate recovers.**
9. **No switching or screens will be allowed.**
10. **Half-court Defense only - may guard once player is established across half court**
11. **Players cannot steal the ball from other players. Balls that are stolen will be given back to the offensive team either at the top of the key or be thrown in from out of bounds. The ball can be stolen off an errant pass.**
12. **Players may not intentionally try to block opposing players. Defense must keep hands straight up and if the ball is tipped then the play may be allowed. Referee discretion cannot be challenged by coaches. Intentionally blocked shots will be taken out, out of bounds or at the top of the key.**
13. **Players cannot foul out. Fouls will result in possession to the player being fouled.**
    a. **Free throws will not be shot at any time.**
    b. **Players committing consecutive and/or flagrant fouls may be asked to substitute out upon the referee's discretion.**
14. **Offense is required to pass the ball at least one time before shooting. That first pass should be made after they cross half court.**
15. **No backcourt violations will be called.**

3rd-4th Division Specific Rules

1. **Team that wins rock, paper, scissors with referee before game begins will start with ball. Alternating possession rules will then ensue throughout the game. Baskets will change at half time.**
2. **Substitutions will be made at or approximately every 4 minutes at the referee's discretion.**
3. **Out-of-bounds will be called as normal but may be slightly relaxed for developmental purposes at the discretion of the referee.**
4. **Traveling and double dribbling will be called but slightly relaxed for developmental purposes.**
5. **Man to man defense only.**
    a. **Half-court Defense- may guard once player is established across half court. If a team is up by 15+ points, defense must guard within the three-point line.**
    b. **Players must guard opposing player with matching colored wristband unless they switch on a screen.**
6. **Double teaming/trapping are not allowed. However, players will be allowed to come off their man to help inside the lane if their teammate gets beat, but they must return to their man once their teammate recovers.**
7. **No Full-Court Pressing.**
8. **No fast breaks. All other players must cross the centerline before the ball.**
9. **No backcourt violations will be called.**
10. **Switching and proper screens will be allowed.**
11. **Players cannot steal the ball from other players. Balls that are stolen will be given back to the offensive team either at the top of the key or be thrown in from out of bounds. The ball can be stolen off an errant pass.**
12. **Shot Blocking is allowed.**
13. **Players will foul out on their 5th foul.**
14. **Free throws will only be shot on shooting fouls. Bonus free throws will not be shot; the ball will be taken out of bounds on the side.**
15. **Lane violations will be called but slightly relaxed for developmental purposes.**

5th-6th Division Specific Rules

1. **Games will begin with a jump ball. Baskets will change at half time.**
2. **Out-of-bounds will be called as normal but may be slightly relaxed for developmental purposes at the discretion of the referee.**
3. **Traveling/Double dribbling will be called.**
4. **Man to man defense only.**
    a. **Half-court Defense- may guard once player is established across half court. If a team is up by 15+ points, defense must guard within the three-point line.**
    b. **Double teaming and trapping are allowed.**
5. **No Full-Court Pressing.**
6. **Fast Breaks are allowed.**
7. **Back court violations will be called. 10 seconds and over and back.**
8. **Switching and proper screens will be allowed.**
9. **Players can steal the ball from other players.**
10. **Shot blocking is allowed.**

11. **Players will foul out on their 5th foul.**
12. **Free Throws**
    a. **Free throws will only be shot on shooting fouls.**
    b. **Bonus free throws will not be shot; the ball will be taken out of bounds on the side.**
13. **Substitutions must be made on a dead ball.**
14. **Lane violations will be called but slightly relaxed for developmental purposes.**

PLEASE NOTE: THIS IS AN INSTRUCTIONAL AND RECREATIONAL LEAGUE!

<u>PLEASE ALLOW OFFICIALS SOME DISCRETION.</u>