

CROSS TIMBERS YMCA

BASKETBALL RULES

WINTER 2020-2021

	PreK/Kinder	1st - 2nd	3rd – 6th	7th – 8th (Girls)	7^h – 8th (Boys)
Goal Height	6 ft. PreK / 8 Ft Kinder	8 ft.	10 ft.	10 ft.	10 ft.
Game Times	PreK Four 6 Min Qtrs Kinder Four 8 Min Qtrs	Four 8 Minute Quarters	Two 20 Minute Halves	Two 20 Minute Halves	Two 20 Minute Halves
Ball Size	25.5	Jr. 27.5	Intermediate 28.5	Intermediate 28.5	Official 29.5
Play Time	PreK – 12 minutes Kinder – 16 minutes	16 minutes	20 minutes	20 minutes	20 minutes
Defense	Man	Man	Man/Zone	Man/Zone	Man/Zone
Back Court Guarding	No	No	Yes	Yes	Yes
Free Throws	No Free Throws	No Free Throws	Yes	Yes	Yes

Philosophy of the YMCA Basketball Program:

- Child First, Sport Second: The YMCA youth sports programs are designed to promote growth in body, mind, and spirit; encourage participation through family involvement; low-level competition and an emphasis on fun, safety, teamwork, fair play, and skill development.

Rule Administration

- YMCA reserves the right at any time to modify, change or create any rule that is in the best interest of the YMCA Basketball Program and its participants.

Player Eligibility

- All players who participate in the basketball season sponsored by the YMCA must be registered and have paid all fees.
- Players must play in their current grade level. Players may play above their current grade if requested.
- The optimum roster size for each team is 10 players. Variances can be allowed at the YMCA's discretion.

Uniform Requirements

- All players must wear a YMCA reversible game jersey.
- Only non-marking, non-cleat athletic shoes may be worn at practices and games.
- Jewelry such as necklaces, bracelets, watches, rings, earrings that hang off the ear lobe or any other item deemed dangerous may not be worn during warm up or game play.

Home Team Designation

- The team listed first will be the home team.
- The home team will wear blue and the away team will wear green
- The home team should use the bench to the right of the scorer's table, as you face the floor.
- Each team's basket for the pre-game warm-up will be the basket furthest from its bench.

Scorekeeper/Clock Operator

- The home team shall provide a qualified scorekeeper; the visiting team shall provide a qualified clock operator. These responsibilities can be changed with the mutual agreement of both teams or at the discretion of a League Official. A scorekeeper or clock operator can be removed and replaced at any time by the game officials or the League Official, whenever it is deemed appropriate to do so. Volunteer scorekeeper/clock operators must refrain from cheering for their respective teams while acting as scorekeeper/clock operator.

Game Ball/Ball Specs/Goal Height

- Game balls will be provided by the Cross Timbers YMCA
- Practice and warm-up balls will NOT be provided.

Start/End of the Game

- All teams are encouraged to be at their game site 15 minutes before tip-off. Game time is forfeit time.
- All games will begin with both teams facing each other at mid-court, reciting the YMCA Sports Pledge:

“Win or lose, I pledge before God, to play the game as well as I know how; to obey the rules, to be a good sport at all times; and to improve myself in spirit, mind, and body.”

**** All teams must be ready to recite the pledge five minutes before game time***

- After each game, both teams will line up on the sideline, congratulate one another, and immediately leave the court to allow the teams playing the next game, proper warm-up time.

Playing Periods

- The clock will be stopped for timeouts, official timeouts and injuries.
- Half time will be limited to 3 minutes.
- The clock will be stopped at all dead balls the last minute of 2nd and 4th quarters of second grade and below. The clock will be stopped at all dead balls the last minute of each half for third grade and above.

Running Clock Rule (“15/10 Rule”):

- When a team leads by 15 points or more anytime during the game, a running clock will be used.
- If the lead is reduced below 10 points, the regulation clock is resumed.
- The League Official reserves the right to change/modify the length of the game to keep the gym schedule on pace for the duration of the day.

Timeouts

- Each team will have 2 one-minute timeouts per half.
- Time outs are NOT carried over from the first half to the second half.
- A technical foul may be given to teams who delay in returning to the court at the officials’ signal.
- A technical foul will be charged to any team who calls a timeout after they have used the allotted four timeouts, however, the timeout will be honored.

Substitution/Playing Time

- All players must play equal playing time.
 - *PreK thru Second grade will sub every quarter. If a player sits the first quarter, they must play the entire second quarter.*
 - *3rd Grade & above will sub every 5 minutes of each half, except the last 5 minutes of the 2nd half will be free substitution. Players must be rotated... no player can play every period unless there are no substitutes on the bench. Every player must play a minimum of 4 periods. Players cannot play more than 6 periods unless there are no players on the bench.*
 - *The fair-playing time rule is in effect, each player must play a minimum of 2 full quarters in the PreK thru 2nd grade divisions. Each player in the 3rd grade and above divisions must play at least 6 periods of the 2 halves.*
- Any complaint about playing time rule violation should be made to the game official. However, coaches should not request the official to remove or determine playing time of any player, as it is not their responsibility. A written complaint should also be filed with the Sports Director.

Live/Dead Ball Rules

- The ball is in play when it hits an official, the sides or bottom of the backboard, the net, players, or any part of the court inside the boundary lines.
- The ball is declared dead if it hits the back of the backboard, the backboard supports, any boundary lines, the ceiling, lights, or any obstructing objects that are in the field of play.

- If the ball travels along the top of the backboard then it will also be considered dead.

Defense/Pressing Rules

- Pre-K – 2nd Grade is only allowed to play MAN-TO-MAN defense with assigned wrist bands.
- All other grade levels can play MAN-TO-MAN and Zone defenses.
- Pre-K - 2nd Grade Teams are NOT allowed to press at any time during the game. Defensive players must retreat across the mid-court line to the top of the key. The defense may extend past the top of the key only after the basketball crosses the mid-court line. This will be enforced after steals, rebounds, and after the offensive team scores.
- 3rd & 4th Grade can only full court press the last 5 minutes of each half. Defensive players must retreat across the mid-court line to the top of the key. The defense may extend past the top of the key only after the basketball crosses the mid-court line. This will be enforced after steals, rebounds, and after the offensive team scores
- All other grade levels backcourt guarding or pressing is allowed.

Pressing/Fast Break (10 Rule)

- Teams are not allowed to press beyond half court/fast break with a 10 point or more lead anytime during the game.
- If the lead is reduced below 10 points, teams are then allowed to press beyond half court and fast break.
- The first violation of the “no press” or “no fast break” rule will draw a warning from the officials; subsequent violations will be assessed a bench technical foul (indirect technical foul to Head Coach).

Arm Bands

Pre-K – 2nd grade: Arm bands will be provided for defensive assignments. Coaches and officials will match-up players based on size and skill level. Arm bands may only be changed at the beginning of a quarter or after substitutions.

- a) Black = Best overall player and most likely to score, handle the ball and rebound
 - b) Blue = 2nd best overall player and 2nd most likely to score, handle the ball and rebound
 - c) Red = 3rd best overall player and 3rd most likely to score, handle the ball and rebound
 - d) Green = 4th best overall player and 4th most likely to score, handle the ball and rebound
 - e) Yellow/White = 5th best overall player and 5th most likely to score, handle the ball and rebound
- Each team must be allowed to move the ball past the centerline unhindered by the opposing team
 - No Double Teams are permitted at any time.
 - Loose balls and passes may be picked up by the defense.
 - Shot blocking is not allowed in Pre-K only. Players are to extend their arms straight up while an opposing player is shooting.
 - Shot blocking is allowed in Kindergarten and up. Shot blocking does not consist of taking the ball from the hands of a player in possession of the ball. A shot block is tipping or batting a try for goal. A try is defined as a throw, tip or bat of the ball towards a player’s basket. This implies shots may not be blocked until after the ball is in motion towards the goal.
 - Players may not steal the ball from a player holding the ball. (Except 2nd Grade and up)
 - For Grades 1 and 2 any player may stop a fast break but must return to their player after the fast break is over (when the offensive team pulls the ball out and sets up their offense).
 - Defenders must yield at least 3 feet to the offensive player on throw-ins.

	Pre-K	Kinder	1 st Grade	2 nd Grade	3 rd and up
Shot Blocking	No	Yes	Yes	Yes	Yes
Stealing Off of the Dribble	No	No	No	No	Yes
Full Court Press	No	No	No	No	Yes
Fouls	No	No	No	No	Yes (5)
Defense	Man	Man	Man	Man	Man/Zone
Free Throws	No Free Throws	No Free Throws	No Free Throws	No Free Throws	Yes

Offensive Lane Violations

(a) Pre-K - 2nd grades: **not called**

(b) 3rd - 4th grades: **5 seconds**

(c) 5th grade & up: **3 seconds**

Jump Balls and Alternating Possession

- Pre-K – 2nd Grade, Home team starts possession of 1st and 3rd Quarters, Away team starts possession of 2nd and 4th Quarters. Alternating possession standards will be used for the remainder of the quarter.
- 3rd Grade and up games will begin with a jump ball.
- Alternating possession standards will be used for the remainder of the game.
- The team which does not gain possession on the jump ball will get the next change of possession and will alternate throughout the game and carry over from period to period.

Free Throws/Fouls

- Any player can attempt free throws awarded because of a technical foul.
 - A technical foul is given due to inappropriate conduct, intentional fouling, or disrespectful actions. **Two** shots and possession will be awarded.
- Players in marked spaces along the free-throw lane will be able to move into the lane once the ball is released by the free-throw shooter. The free-throw shooter or any player beyond the three-point arc may not enter the free-throw lane until the ball touches the ring or backboard.
- Pre-K thru 2nd Grade will not shoot free throws and will take the ball out on the end line.
- 3rd grade levels and above will shoot free throws from the regulation free throw line.
- Teams will not shoot 1&1 (bonus) free throws on the 7th, 8th, and 9th team fouls.
- Teams will shoot two free throws (double bonus) beginning with the 10th team foul and all in *the act of shooting* fouls.
- Pre-K - 2nd grades will not keep track of fouls. Excessive fouling and/or aggression will lead to “benching” or possible ejection of a player (**at the referee’s discretion**).
- 3rd grade & up will keep track of fouls. 5 fouls will be allowed for 3rd grade & up before disqualification.
- Rough Play – Rough play will be watched closely. Officials will be instructed to call fouls on rough play at all levels. At the Pre-K – 2nd grade levels, players will be sat down for the remainder of the quarter or half depending upon the severity and timing of the offense, subject to the official’s judgment. Rough play at this level can include multiple fouls by the same player in a quarter.

Inbounding Rules

- After a Made Basket, any of the five players on the team may take the ball out of bounds. After the inbound passer steps out of bounds, he has five seconds to pass the ball inbounds to a teammate or it is a violation.
 - After a made basket the inbound passer can freely roam the distance of the baseline.
- No steps are allowed on spot throw ins. Traveling is enforced out of bounds.

Lane Violation Rule

- Pre-K - 2nd Grade teams will not have a lane violation rule
- 3rd/4th grade will have a 5 second lane violation rule
- 5th grade and above will have a 3 second lane violation rule

Ten Second Rule

- Once a ball is in play the offensive team has a total of 10 seconds to cross the mid-court line. If a team is unsuccessful, possession will be given to the opposing team.

Schedule/Scores/Standings

- League schedule and standings will be posted
- Pre-K- 2nd Grade and below will not post scores
- 3rd Grade & Above will post scores
- 3rd Grade & Above league set up will be determined by number of teams registered. If 7 or less teams in a division, they will stay in one division. If 8 or more teams in a division, they will play 3 games and then be seeded into multiple divisions of at least 4 teams.
- 3rd Grade & Above will conclude with a single elimination tournament.

YMCA Gym Policy

- No food or drinks are to be brought into the gyms. If you have snacks for after the game, please wait until you are outside the gym to hand them out. Teams may have water bottles in the gym.
- There are no animals or pets of any kind allowed in the school facilities at any time.
- Everyone must pick up after themselves. The staff and the coaches are not personal attendants for everyone. There is no lost and found so any items that are left behind will be thrown out.
- The youth basketball program is limited to the gymnasium only and the closest bathrooms and water fountains. No one is to be roaming the school hallways, in classrooms, or the cafeteria.
- Be respectful of posters and wall decorations.
- Disregarding any of the above rules may result in the loss of practice and game facilities.

Coaches on the Court

- No coaches, parents, fans, or spectators will be allowed on the court during 1st - 8th grade games. Coaches are not allowed on the court at any time and must remain in their designated benches areas. The only exceptions are in the Pre-K and Kindergarten divisions
- Pre-K - K: Each team may designate one coach to be on the court to assist the participants during the game. Coaches should NEVER enter the lane and should avoid interference with game play. All other coaches and parents should remain on the sideline.
- There may only be two adult coaches on the bench, the Head Coach and one assistant.
- All Coaches must be in Official YMCA Coach shirt.

Coaches and Team Conduct

- Unsportsmanlike conduct on the part of the team members, coaches, or spectators, will not be tolerated.
- Parents shall not address officials (if there are questions or concerns, they should be brought to the attention of the coach and he/she may voice his/her concern to the official).

- Coaches are responsible for the conduct of their spectators.
- If there is a complaint regarding a component of the Cross Timbers Sports Basketball program, the complainant shall write a letter to the Senior Program Director (dnorris@ymcadallas.org).

The official supplied by the YMCA will be the governing force at all games. Judgment calls are not to be disputed. Any coach exhibiting bad sportsmanship will be ejected from the game, suspended from coaching for a minimum of one game and a maximum of the remainder of the season.

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**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Cross Timbers Family YMCA Covid-19 Program Adjustment Information

Welcome to YMCA Winter Youth Sports. We continue to closely monitor CDC guidelines and State/Local requirements in regard to COVID-19 safety. We also have policies and practices in place with other YMCA programs and services that we will follow to ensure consistency for our staff, volunteers, and members. The items below are subject to change based on current COVID-19 conditions.

Parent(s) should conduct the following self-health screen before each practice and game. Please stay home if you or your child(ren) have any of the following new or worsening signs or symptoms of possible COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle Pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19, or if they have symptoms of illness.

In addition, the following adjustments have been made for indoor sports programs:

- All players, coaches, staff and spectators will wear a mask when entering, exiting or walking through any building.

- All players, coaches and staff will check-in at a health screen table at your game location. We will conduct a digital temperature check. Individuals with temperatures above 100 will not be allowed to participate.
- On game days, signs signifying check-in table location, social distancing, and other parent reminders related to COVID safety will be displayed in and near gyms.
- Social distancing of six feet for parents/spectators not in same family is required at all games and practices.
- Players are required to social distance and wear mask on sidelines when not in game.
- Staff and coaches will wear a mask that can be easily pulled over mouth/nose when in close interaction with participants, coaches, and or parents. Coach should wear a mask when not actively coaching or when they are near players.
- All spectators, non-playing participants, scorekeepers and volunteers are required to wear a mask.
- Parents and coaches should bring own hand sanitizer for their family and use when possible.
- Coaches will ensure social distancing when “huddling” for team discussions.
- Player equipment and belongings should be labeled and kept separate from other players’ belongings.
- No end of game handshakes.
- Ball and players’ benches will be disinfected between games
- Due to occupancy requirements and to follow social distancing recommendations **only one spectator is allowed per player**. An exception may be made when a game is being played in a school gym with bleachers that allow for more spectators per player to attend and social distancing between families still able to occur. Seating may be needed/allowed on end lines to ensure social distancing is possible.
- Gym must be cleared before next teams enter.
- Parents and players should vacate site as soon as possible after game to prevent crowding.
- No concession sales. No shared team water coolers.
- Due to the close contact it creates across family units, carpooling is strongly discouraged.
- Any COVID symptoms or diagnoses of COVID should be reported to YMCA Youth Sports Director as soon as possible. An appropriate action and communication plan will be implemented given the details of the case.

Additional/alterd requirements may be implemented by the facility the YMCA is utilizing for activities. Alterations may also be made relative to changing COVID conditions at large.

Thank you for your patience and understanding as we do our best to provide a safe environment for all. We will keep you posted regularly of changes to policies and procedures.

