

# YMCA Lincoln Youth Basketball

## Basketball Rules

### (Grades 5<sup>th</sup>-6<sup>th</sup>)

National Federation Rules will be used with local adaptations.

1. **Eligibility:** All players must be in the grade stated on the registration form. Any player found to be in a higher or lower grade than the league allows will be dismissed from the league and all games that the players participated in may be forfeited.
2. **Bench:** Only the players and two coaches are allowed in the bench area.
3. **Score/Standings:** Game score and win/loss standings will be kept.
4. **All-Play Rule:** Players must play a full quarter in the first half of each game. Play five players the entire first quarter and any players who did not play in the first quarter must play the entire second quarter. If a team has more than ten players, those players who did not play in the first half will play the entire third quarter. The second half is free substitution, but coaches are strongly encouraged to not base playing time on ability and desire to “win” the game.
5. **Game Length/Clock:**
  - a. Games will consist of four 8-minute quarters. Warm up will be 10 minute; half-time will be 5 minutes. In the event a game ends in a tie, a 3-minute overtime period will be played. If the game is still tied after the overtime period, a sudden death period will be played where the first team to score will be declared the winner.
  - b. Games will be running clock with the following exceptions:
    - 1) Official or team time out.
    - 2) Injuries.
    - 3) Last 2 minutes of the game the clock will be stopped for all dead ball situations. In overtime, the clock will be stopped the last minute for all dead ball situations.
6. **Forfeits:** Game time is forfeit time. Teams must have 4 players to start a game. In the event a team does not have 4 players, a practice game may be played.
7. **Time Outs:** Each team is allowed 2 full 1-minute time out per half that do not carry over from the first half to the second half. An additional time out is awarded for an overtime period but not for sudden death. Time outs carry over from the second half to overtime and sudden death.

8. **Fouls:** When a player called for a foul, they must raise their hand and turn so that their number can be seen by the official. A player will be disqualified by receiving 5 personal or 2 technical fouls. A technical foul counts as a personal foul. If a player fouls out, the player must remain on the bench with the team for the remainder of the game.
9. **Bonus/Double Bonus:** Bonus occurs on the seventh team fouls in a half (one and on situation). Double bonus occurs on the tenth team foul in a half (two foul shots).
10. **Technical Fouls:** All technical fouls will be an automatic 2 points and the ball out of bounds. There will be no free throws shot.
11. **Substitutions:** Must be made when the ball is not in play. The entering player(s) will go to the score table, tell the scorekeeper they are reporting into the game and then wait for the next dead ball. When the horn sounds it is to alert the officials of substitutions. The players must wait for the officials to wave them into the game before stepping onto the court.
12. **Defense/Full Court Pressing:** Teams may play zone or man-to-man defense to maximum of half court. No full court press will be allowed.
13. **Fast Breaking:** May fast break. If the game is becoming unsafe, the official will control the fast breaking.
14. **Double Dribble/Travel/3 Seconds:** Will be enforced.
15. **Sportsmanship:** All players, coaches, and spectators will be expected to maintain a high level of sportsmanship. Trash talking, obscene language, and verbal abuse of staff, players, or coaches will not be tolerated and may result in ejection from the game, and possible ejection from the league. The coach of each team is responsible for the action of their spectators. All spectators are expected to stay in the bleacher area. Any spectators coming onto the floor will be asked to leave the facility. If they do not leave, the game will be forfeited.
16. **Fighting:** Any player, coach, or spectator caught fighting will be suspended from the league for the season.
17. **Hand Shakes.** It is the coaches responsibility to have all team members shake hands after each game. If a player refuses to shake hands. Their names will be given to the League Director for review.
18. **Basketball Goal Heights:** Games will be played with a 10-foot goal height.
19. **Ball Size:** During games a regulation size men's ball will be used.

20. **Uniforms:** Uniforms must be worn for all games. A player will not be allowed to play without the complete uniform used. There will not be any exception to this rule. The uniform may not be altered in any way. All shirts will be worn tucked into the shorts.
21. **Jewelry:** No jewelry may be worn during the game.
22. **Valuables:** Please do not leave valuables, clothes, etc., unattended in the gym as YMCA Lincoln Youth Basketball is not responsible for them.
23. **Sagging:** Will not be permitted. A player who is not wearing shorts in a manner suitable for the standards of this league will be asked to pull them up. If they refuse or are reminded a second time, the player will be removed from the game.

**These rules are designed for the sole purpose of sportsmanship and safety for the coaches, spectators, players, staff and officials. Your cooperation is creating a positive experience for these young players and is greatly appreciated.**