

# YMCA Lincoln Youth Basketball

## Basketball Rules

### (Grades 7-8)

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 player participated in may be forfeited.
2. **Bench:** Only the players and two coaches are allowed in the bench area.
3. **Score/Standing:** Game score and win/loss standing 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 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 9-minute quarters. Warm up will be 10 minutes; half-time will be 5 minutes. In the event a game 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.
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 outs 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 is 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 foul in a half (one and one situation). Double bonus occurs on the tenth foul in a half (two foul shots).
10. **Technical Fouls:** All technical fouls will be automatic 2 points and the ball out of bounds. There will be no free throw 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 official 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:** Zone defense or man-to-man defense may be played the length of the court.
13. **Fast Breaking:** May fast break. If the game is becoming unsafe, the officials will control the fast breaking.
14. **Double Dribble/Travel/3 Seconds:** Will be enforced.
15. **Sportsmanship:** All players, coached 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 actions of their spectators. All spectators are expected to stay in the bleacher area. Any spectators coming on 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 coach's 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 men's size ball will be used for the boys and a woman's sized ball will be used for the girls (circumference 28.5).

20. **Uniforms:** Uniforms must be worn for all games. A player will not be allowed to play without the complete uniform issued. There will not be any exceptions to this rule. The uniforms 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 valuable, 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.**