

# YMCA Lincoln Youth Basketball

## Non-Competitive Basketball Rules

### (Grades K-1)

National Federation Rules will be used 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 we be dismissed from the league.
2. **Bench:** Only the players and two coaches are allowed in the bench area. One coach from each team may be out on the floor to encourage and instruct their team.
3. **Score/Standings:** Game score and win/loss standings will not be kept.
4. **All-Play Rule:** Players must be a full quarter in the first 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 time on the ability and desire to “win” the game.
5. **Game Length/Clock:**
  - a. Games will consist of four 7- minute quarters. Warm up will be 10 minutes; half-time will be 5 minutes. There will be no overtime periods
  - b. Game Clock: Games will be running clock with the following exceptions:
    - 1) Official or team time out.
    - 2) Injuries.
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
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. Players will not shoot foul shots and no players will foul out of the game. For all fouls, the team that is fouled takes the ball out of bounds.

9. **Substitutions:** Must be made when the ball is not in play.
10. **Defense/Full Court Pressing:** Cannot press at any time. Must play 2-3 zone within the key.
11. **Fast Breaking:** No fast breaking we be allowed in the first half of league.
12. **Double Dribble/Travel/3 Seconds:** Players will be allowed to travel, double dribble, and stay in the key more than 3 seconds. We encourage and instruct them not to do this as the league goes on.
13. **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 ejections from the game, and possible ejection from the league. The coaches of each team are responsible for the actions 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.
14. **Fighting:** Any player, coach, or spectator caught fighting will be suspended from the league for the season.
15. **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.
16. **Basketball Goal Heights:** Games will be played with an 8-foot goal height.
17. **Ball Size:** During games a junior size ball (25" circumference) will be used.
18. **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.
19. **Jewelry:** No jewelry may be worn during the game.
20. **Valuables:** Please do not leave valuables, clothes, etc., unattended in the gym as YMCA LINCOLN YOUTH BASKETBALL is not responsible for them.
21. **Sagging:** Will not be permitted. Players who are 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 players 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.**