



**Town North  
YMCA  
Basketball  
Rules**

## Town North YMCA Basketball Rules

### ELIGIBILITY REQUIREMENTS:

Volunteer coaches only

Division classification requirements governed by these rules:

LEAGUES	COURT	BALL SIZE
2 <sup>nd</sup> Boys & Girls	Cross Court 9ft baskets	Junior (27)
3 <sup>rd</sup> Boys & Girls	Cross Court 9ft baskets	Junior (27)
4 <sup>th</sup> Girls	Cross Court (or Full Court) 10ft baskets	Junior (27)
4 <sup>th</sup> Boys	Full Court	Intermediate (28.5)
5 <sup>th</sup> Boys & Girls	Full Court	Intermediate (28.5)
6 <sup>th</sup> Girls	Full Court	Intermediate (28.5)
6 <sup>th</sup> Boys	Full Court	Official

### EQUIPMENT

Uniforms will consist of:

- Jersey with number on the back, no team will have duplicate numbers on jerseys
- Reversible jerseys are recommended. Home team will be responsible for bringing white pennies to game.
- Shorts of individual choosing
- All players must have a uniform by the beginning of the 3<sup>rd</sup> game of the season
- Must have a 'Y' logo on jersey

### THE GAME

- Every Game will start with the official leading the YMCA pledge:

WIN OR LOSE  
I PLEDGE BEFORE GOD  
TO DO MY BEST  
TO BE A TEAM PLAYER.  
TO RESPECT MY OPPONENTS,  
TEAMMATES AND OFFICIALS  
AND IMPROVE MYSELF IN  
SPIRIT, MIND, AND BODY

- Every game will end with both teams meeting at center court for a team hand shake.
- Each game will consist of four 10 minute periods with a 3 minute half-time break.
- Each team will be allowed two 30 second time-outs per half. The clock will stop only on time-outs, injuries, technical fouls, **and the final 2 minutes of the 4<sup>th</sup> period**. If there is a difference of 20 or more points, the clock will continue to run.
- If a team is leading by 20 or more points any time during the game the scoreboard will be turned to indicate 0-0. However, the true score will be kept on the score sheet and the game will resume as usual. If a team does get within 20 points the scoreboard will indicate the actual score.
- All games that end in a tie will be a tie. NO OVERTIME.

#### FORFEITED GAMES

- Each game will start at scheduled time with 5 players. If a team does not have enough players you may substitute players from the opposing team.
- Teams may play with 4 players. However, the game will start at the scheduled time.

#### SCOREKEEPER/ TIMER

- The coaches are responsible for acquiring a scorekeeper and timekeeper.
- Coaches will furnish the scorekeepers with an official YMCA score sheet prior to the start of the game.
- The scorers shall keep a record of names and numbers of players who are to start the game and all substitutes who enter the game.
- Teams that do not have a scorekeeper and timekeeper by game time are subject to forfeiting their game.
- Coaches are responsible for turning in scores.

#### PLAYING TIME

- All participants must have equal playing time.
- If a participant is not attending practices you must report this to the Sports Department.
- The purpose of the rules concerning playing time is to insure each player has the opportunity to obtain equal playing time on the court as reasonably possible and to instill the concept of total team participation to all players.
- Number of players participating per game:
 

○ 10 players:	20 minutes	7 players:	28 minutes
○ 9 players:	22 minutes	6 players:	33 minutes
○ 8 players:	25 minutes	5 players:	40 minutes

Failure to comply with playing time rules:

- 1<sup>st</sup> time: Verbal warning from Sports Director.
- 2<sup>nd</sup> time: Must submit a participation sheet after every game.
- 3<sup>rd</sup> time: Grounds for expulsion for coach and team from the league.

### **GENERAL RULES:**

- **All coaches will be responsible for their players and parents conduct at all times, i.e; BEFORE, DURING, and AFTER every game and practice. Only the coach has the authority to consult with the referee. Abusive language will not be tolerated. Any type of fighting or instigation (taunting) will cause the guilty party to leave the game and possibly not be allowed to attend future games at the discretion of the Basketball Committee.**
- No team may schedule more than 3 participation sessions per week with no sessions longer than 1.5 hours. A scheduled or practice game is considered 1 session.
- Any substitute who desires to enter the game shall report to the scorers table. The substitute shall remain outside the court until an official allows him/her into the game.
- **No team can apply a full court press when it leads the opposing team by 10 points.**
- **No Backcourt Press allowed for the following:**
  - 2<sup>nd</sup> & 3<sup>rd</sup> Boys
  - 2<sup>nd</sup>/ 3<sup>rd</sup>/4<sup>th</sup> Girls
- **2<sup>nd</sup> & 3<sup>rd</sup> Grade Only: No zone defense is allowed. No stealing on the dribble.**
- Bonus Shot:
  - The bonus shot (1& 1) starts with the 7<sup>th</sup> team foul per half. The 10<sup>th</sup> team foul results in an automatic two free throw shots.
- **No 3 point shots – Any shot from beyond the three point line will be counted as 2 points**
- **FREE THROWS: Players must wait until ball hits the rim to move on a free throw**
- Seconds in the lane:
  - 2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup> grade: 5 secs.
  - 5<sup>th</sup>/6<sup>th</sup> grade: 3 secs.

- Teams have 10 secs. to get the ball across the court & 5 secs. to throw the ball in from out of bounds.
- **Foul Limit:**
  - A player fouls out of the game after the 6<sup>th</sup> foul.
  - If a team only has 5 players present at game and a player fouls out, that player can remain on the court with the opposing team getting 2 free throws and possession of the ball with any remaining fouls.
- A player or coach given two (2) technical fouls in a game will be asked to leave the game. The Sports Director and/or Basketball Committee will review each technical foul. Anyone refusing to leave the game and game site will be removed by the proper authority.
- **The YMCA and its Basketball Committee have zero tolerance for unsportsmanlike behavior from coaches, players and spectators. We would encourage all coaches to let the Town North YCMA Sports Department know if such behavior is occurring in our youth basketball program.**

<b>Roster Size</b>	<b>Max Players</b>	<b>Min Players</b>	<b># on court</b>	
<b>2<sup>nd</sup></b>	10	8	5	
<b>3<sup>rd</sup></b>	10	8	5	
<b>4<sup>th</sup></b>	10	8	5	
<b>5<sup>th</sup></b>	10	8	5	
<b>6<sup>th</sup></b>	10	8	5	

**\*\*Reschedule/Cancellation Policy:**

- All cancellation requests must be given to Sports Department by Thursday @ 12 PM on the week of the scheduled game.
- Any team requesting a reschedule must pay a \$100 fee w/ written request given to ATTN: Sports Department.
- Reschedules are not a guarantee. Check will only be cashed when rescheduled game has been played.

## **Sports Department Contact Info:**

**Andrew Alvarado**, Senior Director, Sports & Community Program  
(214) 357-8431 ext 16 [aalvarado@ymcadallas.org](mailto:aalvarado@ymcadallas.org)

### **For all Girls basketball inquiries...contact:**

**Valery Graham**, Associate Sports Director  
(214) 357-8431 ext 35 [vgraham@ymcadallas.org](mailto:vgraham@ymcadallas.org)

### **For all Boys basketball inquiries...contact:**

**Trey Hargrave**, Associate Sports Director  
(214) 357-8431 ext 44 [jhargrave@ymcadallas.org](mailto:jhargrave@ymcadallas.org)

For schedules/scores/locations visit:

[www.quickscores.com/townnorthymca](http://www.quickscores.com/townnorthymca)

### Additional Information:

- ✓ Season begins Saturday, December 5<sup>th</sup>
- ✓ Practices will start the week after Thanksgiving (Monday, Nov. 30<sup>th</sup>)
- ✓ Coaches Applications: Must be filled out completely and turned in by Friday, December 11<sup>th</sup>.
- ✓ Games will be played mostly on Saturdays, with the possibility of a Sunday or weeknight game if necessary.
- ✓ Expect to play 2-3 games from Dec. 5<sup>th</sup> to Dec. 19<sup>th</sup>. We will then take off for the holidays and start back up early January.
- ✓ **Any schedule requests will be due by Monday, 11/23. Email [jhargrave@ymcadallas.org](mailto:jhargrave@ymcadallas.org) . (Once posted, the schedule is FINAL)**