

## **HAGERSTOWN YMCA YOUTH BASKETBALL RULES**

The Youth Basketball Coach is responsible for his/her team from the time his/her players arrive at the practice site until all players are safely returned to the person who is scheduled to pick up the player. Please do not permit the child to leave with someone other than a parent or the person who brings the player to practice or the game. Discuss this policy with the parents and make sure that a child is never “dropped off” at the practice site; the player must always be brought to the coach. A player may never be left unsupervised in a practice or game facility.

The purpose of our league is to promote making new friends, having fun, sportsmanship, and teamwork. YMCA’s co-ed Youth Instructional Basketball League stresses the skills and fundamentals of basketball, and actual game play. Players are encouraged to do their best but the emphasis on winning is minimized. NO wins or losses are recorded; there are no team standings or scores kept. We will focus on improving players skills and confidence by reviewing game stats for each player.

Players shall have equal playing time. This is a fundamental principle of the program. Also, no player plays the entire game. Even the best players should take their turn on the bench. This gives them a chance to analyze the other team, to think about how to play better and how to help the team. Any concern from a parent will first be brought to the attention of the coach. Coaches are responsible for substitutions and ensuring equal playing time.

### **Length of Games**

- 6–7-Year-olds: Four 8-minute quarters. Running clock, No fouls shots
- 8–10-Year-olds: Four 8-minute quarters. Running clock except last two minutes of each half.
- 11–16-Year-olds: Four 10-minute quarters. Running clock except last two minutes of each half.
- Each team has two timeouts per half.
- All divisions have one (1) minute between quarters with a five-minute halftime.

### **Players Equipment**

- Colored uniform top (shirt provided by YMCA)

- Gym shorts (no jean shorts or sweatpants)
- Gym socks
- Gym shoes (sneakers, not black soled)

### **Unsafe objects not allowed**

- Any hairpiece that has metal or protruding ends
- No earrings
- Any other item determined dangerous by the referee

### **Team responsibilities**

- All teams are responsible for their own equipment and personal items.
- Please do not leave trash or garbage at team bench after a game
- Each team is responsible for providing a parent to record team stats and or keep score

### **Officiating**

#### **6–7-Year-olds**

- Games will be officiated by YMCA staff/Parent or Volunteer
- No team or personal fouls
- No lane violations

#### **8–10-Year-olds**

- The YMCA will provide a referee per game
- Personal fouls are kept-5 per player per game
- Team fouls – 7 per half then 1 and 1. On 10<sup>th</sup> foul player will shoot 2 shots
- Five second lane violations

#### **11-16 Year olds**

- The YMCA will provide a referee per game
- Personal fouls are kept- 5 per player per game
- Team Fouls- 7 per half then 1 and 1. On 10<sup>th</sup> foul, player will shoot 2 shots
- Three second violation

### **League Rules**

- Offensive team must be allowed to bring the ball into the front court (5-6 feet) without interruption from the defensive team (no pressing)
- The current losing team can press during the last two minutes of the game in the 8-10 and 11-16 divisions.
- There is no pressing at any time in the 6-7 division
- Zone or Man to Man defenses are permitted in the 8-10 and 11-16 divisions
- No double teaming outside the foul lane

- Changing to a different defense is to be made not on the fly but after a dead ball, foul time out or start of period
- Man to man defense is to be used in the 6-7 division

### **Injuries**

- Injuries stop play immediately. Attend to injured party. Substitution may be made if injured needs to come out of game.

### **Weather**

- If we have early inclement weather, please check the YMCA website, Facebook page, Instagram, or email notifications for cancellations.