

YMCA of Central New Mexico

Youth Basketball Official Rules of Play

K-League

BASIC RULES FOR ALL DIVISIONS:

All games will be played according to the rules of the National Federation of the State High Schools Athletic Association, except for the modifications listed below.

1. **SUBSTITUTIONS** - At the start of each quarter and every FOUR minutes, players report to scorer's table for check-in. Substitutions allowed for injuries and/or foul-outs **ONLY**.
2. **PARTICIPATION** - All players must play as near to equal time as possible. No player may play more than one period more than any other player at all times. Example: No player may play a 2nd period until all team players have played 1 period. No player may play a 3rd period until all team players have played 2 periods, etc.
3. **SPORTSMANSHIP** - All players, coaches, fans, and observers must exhibit good behavior and civil conduct at all times within the parameters of YMCA Youth Sports program activities. Belligerent manners will not be tolerated. Coaches may use their own discretion on when to discipline a player. If a player is benched during a game the referee and the YMCA Site Supervisor must be notified. Head Coaches are responsible at all times for all aspects of their team's behavior: themselves, players, and fans. A technical foul assessed against a player for unsportsmanlike conduct will cause that player to immediately sit-out the remainder of the period and will count as an "Active Period" for that player. Coaches or others who receive a technical foul for unsportsmanlike conduct will immediately vacate the premises.
4. **REFEREES** - Officials have final authority on all calls. All decisions are final. Referees should be considered an extension of the coaching staff and the YMCA.
5. **FORFEITURE** - Official game cancellation occurs if any team cannot field five players AT THE SCHEDULED GAME TIME. A scrimmage game will ensue utilizing the available players from both teams. Referees will not officiate forfeited games.
6. **PRACTICES** - Coaching staff is limited to attending TWO organized team practices per week. Players are strongly encouraged to practice solo or in groups daily.
7. **RUNNING CLOCK** - There will be FOUR eight-minute quarters. Quarters will run continually once started, except for the teams' allotted time-outs and any official time outs. IF TIME PERMITS, the clock will be stopped during the final minute of the game for any Officials' whistles.
8. **PRE-GAME ETIQUETTE** - No dribbling, shooting, or loose ball handling will be allowed by anyone not participating in the current game until it is officially ended. A technical foul drawn will be assessed at the beginning of the infracting team's next game.

K League Rule Modifications | Age 4 & 5

As a reminder, the purpose of this program is to provide a positive experience for the children. Please strive as coaches and parents to focus on this fact and during all times to encourage fun, teach new skills and build self-esteem. Thank you!

BASIC RULES OF PLAY

All games will be played according to the rules of the National Federation of State High Schools Athletic Association, except for the modifications listed below.

1. **PARTICIPATION** - All players must play as near to equal time as possible and have an equal opportunity to start and to play all positions. No player may play more than one period more than any other player at all times. Example: No player can play a 2nd period until all team players have played 1 period. Exceptions may be made for disciplinary reasons or for flagrant disregard of rules.
2. **SUBSTITUTIONS** - At the start of each period and every 4 minutes, players report to the scorer's table for check-in and must play the entire 4 minutes. Substitutions are allowed for injuries or flagrant foul-outs ONLY. Line-ups will be provided so players can be "evenly" matched before the start of each period.
3. **SPORTSMANSHIP** - All players, coaches and spectators must exhibit good behavior and civil conduct at all times within the parameters of YMCA Youth Sports program activities. Belligerent manners will not be tolerated. Coaches may use their own discretion on when to discipline a player. If a player is benched during a game the referee and the YMCA site supervisor must be notified. Coaches are responsible, at all times, for all aspects of their team's behavior: themselves, players and fans.
4. **REFEREES** - The K-league will **not** have "official referees" but will rather have coaches that will serve as both referees and Instructor, looking for opportunities to teach rules during the game.
5. **FORFEITURE** - Official game cancellation occurs if any team cannot field five players at the SCHEDULED GAME TIME. A scrimmage will ensue utilizing the available players from both teams.
6. **TIME/TIME OUTS** - Games will consist of four 8-minute periods with half-time being a maximum of 5 minutes. Periods will run continually once started, except for official time outs or the team's allotted time outs. One time out per team is allowed for each half. Time outs do not carry over to the second half.
7. **SCORING/BALL SIZE/RIM HEIGHT** - There will be no official score kept for K league games. The official ball for K league games will be a youth size basketball (27 oz). Basket height should be a minimum of 8' and a maximum of 9' high.
8. **FOULS/FREE THROWS** - There will be no official record kept of team and individual fouls, but players should be encouraged to refrain from fouling and play safely. There will be no free throw shots during the game. Coaches should use their desecration to restart play from the point of the foul or to bring the ball in from out of bounds.
9. **OUT OF BOUNDS** - The only rule that will be consistently enforced is if the ball goes out or a player step out of bound with the ball, the other team gains possession of the ball from that point.
10. **COACHING** - Two coaches per team will be allowed out on the court as coaches/referees; one on the offensive end of the court and one on the defensive to offer instructions to players while the game is in play. Coaches, under NO CIRCUMSTANCES, should direct any negative comments to referees or children.

11. **PRE-GAME ETIQUETTE** - No dribbling, shooting or loose-ball handling by ANYONE not active in the current game (including players on the bench) until it is officially concluded. Please be considerate to these rules, especially in the gyms without bleachers.
12. **PRACTICES** - Coaching staff are limited to attending TWO practices per week. Players are strongly encouraged to practice solo or in groups daily.

GENERAL GUIDELINES FOR OFFENSE

1. **WALKING/TRAVELING** - Players must make an effort to dribble the ball without traveling. Ball will not change possession on violations. The coach/referee will instruct the player on traveling concept and the same team will restart play from the point of the violation.
2. **"SECONDS" RULES** - There will be no 3, 5, or 10 seconds rule enforced, but the concept should be taught.
3. **TRANSITION** - Offensive team should immediately run back to defensive position when defensive team gets possession of the ball. No stealing allowed in the back court.
4. **INBOUNDS** - After a made basket or on an inbounds play, offensive team must pass the ball in from behind out-of-bound line.

GENERAL GUIDELINES OF DEFENSE

1. **DEFENSE** - All players must play man-to-man defense (Not number-to-number). There should be no deliberate double-teaming of an offensive player, but temporary help on an offensive player is acceptable. NO ZONE DEFENSES ALLOWED.
2. **PRESSURE** - There is to be NO full court press. The offensive team must be allowed to bring the ball across the center line without opposition.
3. **STEALS** - There will be no stealing of the ball off the dribble or while the ball is in the possession of an offensive player. Defensive players should be encouraged to play position defense and not reach for the ball.
4. **FOULS** - Players should be taught to play the ball not the player. Tripping, pushing, jumping into, grabbing, and cursing will result in a foul being called and play stopped. Fouls may result in a change of possession depending upon the violation.