

YMCA of Central New Mexico

Youth Basketball Official Rules of Play

Winter Season Only

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 FIVE 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 always exhibit good behavior and civil conduct 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 always responsible 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** - The 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 ten-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 is 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.

RULE MODIFICATIONS FOR RECREATIONAL DIVISIONS

There will be **NO overtime** periods played in the Recreational Divisions should a regulation game end in a tie score.

"RA" Division Modifications, Ages 6 & 7; Co-Ed:

1. NO "seconds" rule in the key area. Coaches should encourage players to move around and out of the key as much as possible.
2. All players must play man to man defense (NOT Number-To-Number) and will be matched up at the beginning of each period. **NO ZONE DEFENSE ALLOWED.** Illegal defensive formations will receive one referee's warning before a Technical Foul is assessed.
3. No double teaming or trap defenses.
4. No full-court defense. The defensive team must allow the offensive team to bring the ball across the half court line.
5. No "5 seconds" rules (ball possession or to bring the ball inbounds) will be enforced.
6. The free throw line is 10 feet.
7. Basket height will be approximately 8' 6" to 9'.
8. Official woman's size basketball (28.5 oz) is used.
9. A "Blow-Out" is declared if one team is 20 points or more ahead at halftime. The display score will be set to 0 - 0 while the official score remains on the score sheet.
10. Four 10-minute quarters will be played. Halftime will be up to 5 minutes.
11. One time-out per team allowed for each half. Time-outs cannot be carried over to the second half.
12. No stealing off the dribble or while a player has possession of the ball. Stealing is allowed on passes and loose balls only.
13. 3-point baskets are not allowed.
14. The score will not be recorded.

"RB" Division Modifications, Ages 8 & 9; Co-Ed:

1. 5-second lane violation in the key area will be enforced. Players should be encouraged to clear the lane as much as possible.
2. All players must play man to man defense (NOT Number-To-Number) and will be matched up at the beginning of each period. **NO ZONE DEFENSE ALLOWED.** Illegal defensive formations will receive one referee's warning before a Technical Foul is assessed.
3. No double teaming or trap defenses.
4. No full-court defense. The defensive team must allow the offensive team to bring the ball across the half court line.
5. No "5 seconds" rules (ball possession or to bring the ball inbounds) will be enforced.
6. The free throw line is 12 feet.
7. Official woman's size basketball (28.5 oz) is used.
8. Four 10-minute quarters will be played. Halftime will be up to 5 minutes.
9. A "Blow-Out" is declared if one team is 20 points or more ahead at halftime. The display score will be set to 0 - 0 while the official score remains on the score sheet.
10. One time-out per team allowed for each half. Time-outs cannot be carried over to the second half.
11. Stealing off the dribble or while a player has possession of the ball is allowed.
12. 3-point baskets are not allowed.

RULE MODIFICATIONS FOR ADVANCED DIVISIONS

General for all Advanced Divisions

1. **Over-Time:** If a game should be tied at the end of regulation play, one two-minute over-time period will ensue. If the game should remain tied at the end of overtime play, the game will go into the books as a tie for both teams.
2. **End of the year tournament seeding:** Seeding for the end of the year tournament will be by team records at the end of regular season play. Should a tie exist, we will use the following tie breakers:
 - A. Head-to-head record
 - B. Coin flip between head coaches

"BA" Division Modifications, Ages 8 & 9; Co-Ed:

1. 3-second lane violation in the key area will be enforced.
2. 3-point baskets allowed only if the court is clearly marked.
3. Teams will play man-to-man defenses primarily. Zone defense is allowed by the team that is behind by 10 points or more and by **BOTH TEAMS IN THE LAST TWO MINUTES** of regulation play. Teams will be allowed to stay in a zone defense for as long as a potential 10-point difference exists. Example: The offensive team is ahead by 8 points thus allowing the defensive team to remain in a zone defense because a potential basket scored would increase difference to double digits.
4. Both the "5 seconds" and "10 seconds" rules will be in effect. 5 second rules included ball possession and time allowed to bring the ball inbounds. 10 seconds rule – The offensive team has 10 seconds to bring the ball across the half court line.
5. One player is allowed to play full court defense.
6. The free throw line is 12 feet.
7. "BA" Divisions will use an official women's size basketball (28.5 oz).
8. Blow Out Rule – Once a team is leading by 20 points, the one-man full court press must be taken off. When there is a ten-point differential, pressing can resume. Please use discretion. The first violation is a warning, subsequent violations will result in a technical being called.
9. Four 10-minute quarters will be played. Halftime will be up to 5 minutes.
10. Two time-outs per team allowed for each half. Time-outs cannot be carried over to the second half.

"CA" Division Modifications, Ages 10 & 11; Co-Ed:

1. Full court and zone defenses allowed.
2. 3-point baskets allowed only if the court is clearly marked.
3. Four 10-minute quarters will be played. Halftime will be up to 5 minutes.
4. Two time-outs per team allowed for each half. Time-outs cannot be carried over to the second half. Time-out will be sixty seconds.
5. Blow Out Rule – Once a team is leading by 20 points, the full court press must be taken off. When there is a ten-point differential, pressing can resume. Please use discretion. The first violation is a warning, subsequent violations will result in a technical being called.

"DA" Division Modifications, Ages 12 & 13; Co-Ed:

1. Full court and zone defenses allowed.
2. 3-point baskets are allowed only if the court is clearly marked.
3. Four 10-minute quarters will be played. Halftime will be 5 minutes.
4. Two time-outs per team allowed for each half. Time-outs cannot be carried over to the second half. Time-out will be sixty seconds.
5. Blow Out Rule – Once a team is leading by 20 points, the full court press must be taken off. When there is a ten-point differential, pressing can resume. Please use discretion. The first violation is a warning, subsequent violation will result in a technical being called.