



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Basketball Rules

YMCA of Greater Omaha Youth Sports

EDITED: SEPTEMBER 2022

YMCA General Rules and Regulations

BEGINNING OF PLAY

The official shall call both teams to the center of the field to conduct the Youth Sports Pledge prior to the game beginning. At the end of the game the teams shall shake hands.

YMCA OF GREATER OMAHA SPORTS PLEDGE

Win or lose, I pledge before GOD...

To accept and demonstrate the following positive values: Caring, Honesty, Respect, Responsibility.

I will do the best I can to be a team player.

To respect my teammates, opponents, coaches and officials.

And to improve myself in Spirit, Mind, and Body.

YOUTH SPORTS MISSION STATEMENT

The purpose of the YMCA Youth Sports Program is to provide children of the Greater Omaha area an opportunity to participate in various physical activities and to:

- Have Fun
- Develop Sportsmanship
- Make New Friends
- Promote Teamwork
- Learn Lifetime Fitness
- Strengthen Self-Confidence
- Learn Skills

PRACTICES

Please supervise team members at all time. **DO NOT** leave practice area until all children have been picked up. **DO NOT** stay alone with a single player where you cannot be observed by others. The last team at the gym or field for the night will need to make sure all equipment is picked up and return to the proper storage place.

1. **8U – 18U:** Once the coaches meeting has taken place a coach can schedule one practice per week.

SPECIFICS ABOUT SITES:

- Please dispose of all trash in the proper receptacles.
- Only water or Gatorade allowed in gyms for participants.
- Please encourage children to respect private property.
- Stay off the floor/field after games have concluded as other games need to get started.
- Remind parents to drive slowly inside the parking lot and to remember they may not be able to park right by the front doors. Do Not Park on Grass Areas or on the Curves of the Driveways! All cars must be parked in a parking space!
- Do not walk across the gym floors/fields to get to another court/field. Please walk around.
- Program participants and their families are limited to gym and bathroom areas only.
- Children must be supervised. Unsupervised children who are misbehaving will be returned to their parents and/or asked to leave.

Monitoring Athletes

1. It is recommended that children should drink 4-8 oz of water 15 minutes prior to participating.
2. Children should never be turned-down for a water break. Children must be allowed to take breaks when needed.

EQUIPMENT

1. The YMCA will furnish game equipment.
2. Coaches will receive equipment bags for practice containing basketballs and cones.
 - Please return all equipment to the YMCA at the end of the season.
3. Players should not wear anything that is dangerous to them or others; i.e. watches, rings, necklaces, etc. **All jewelry MUST be removed**
4. Headwear that may cause injury to other participants is not allowed.

Uniform

1. We will use two separate colored jerseys. Home team will wear grey; Away team will wear black.
 - a. We encourage all athletes to bring both jerseys to all games.
2. If you need a jersey we ask that you see your YMCA's Welcome Desk on information on how to purchase the jersey. All athletes should have or purchase the correct jersey for their sport. Athletic or sport-appropriate shoes and shorts and/or sweats should be worn in addition to the jersey.

YMCA STAFF

YMCA personnel shall be present and visible at all games. If you encounter any problems or have questions, please contact the site supervisor, official or the Youth Sports Director. If you have a question or suggestion concerning the game or league, please present it before or after the game to the site supervisor, NOT during the game. This can be distracting to the coaches, players, officials, and other fans.

Officials:

1. Have jurisdiction from the beginning until the end of the game. Their decisions are final.
2. May caution or eject a player/coach/fan for unsportsmanlike conduct.
3. May terminate a game if the game becomes a travesty.
4. We will not tolerate any abuse toward officials. Discuss problems or questions with the Site Supervisor or call your YMCA Sport Director.

Basketball Specific Rules and Regulations

The following rules are based off the National Federation of State High School Association. These rules will be the official playing rules for all divisions of YMCA Basketball. Should a dispute occur, we will refer to the following set of rules and then to the NFHS Rule book.

COURT & EQUIPMENT

Grade Level	Ball Size	Goal Height	Free Throw Distance
4U	27.5(Junior)	6'	No Free Throws shot
6U	27.5(Junior)	8'	No Free Throws shot
8U	27.5(Junior)	8'	12'
10U	28.5(womens)	9'	12'
12U	28.5(womens)	10'	Regulation
14U – 18U Boys	29.5(official)	10'	Regulation
14U Girls	28.5(womens)	10'	Regulation

Court size & goal height may be altered slightly for space and safety issues.

Players

Grade Level/League

4U
6U
8U -18U

Players on the court

3
4
5 (teams may begin game with 4 players)

COACHES

Grade Level

4U – 6U
8U – 18U

Number of Coaches

1 coach allowed on the court to instruct players
2 coaches allowed in the bench area during games

- The Head Coach is the only coach allowed to address the officials before, during, or after the game. Assistant coaches may confer with players; not officials.
- 1 coach may stand in their bench area at a time.
- If an injury occurs, coaches shall wait for an official or YMCA staff person to call them over. This is to ensure safety of all players and avoid any incidents from a coach running onto the court unexpectedly.
- Under no circumstances shall any coach confer with a player or coach from opposite team unexpectedly or negatively.

FAIR PLAY RULE

*****Each player should play half of every game*****

All players shall have the opportunity to participate in games for a fair and equal amount of time. Allowances can be made by the coach based on enthusiasm, sportsmanship and interest displayed at practices and games.

GAME TIME, SUBSTITUTIONS, OVERTIME AND TIMEOUTS

Grade Level	Practice Time	Game Time	Half Time	Substitutions
4U	20 minutes	4 6-min. quarters	2 minutes	Sub at 3 min each quarter
6U	15 minutes	4 8-min. quarters	2 minutes	Sub at 4 min each quarter
8U	During week	4 8-min. quarters	2 minutes	During any dead ball
10U – 18U	During week	2 20-min. halves	2 minutes	During any dead ball

Timeouts

Each team will receive 2 timeouts per half. All timeout last a duration of 1 minute. Unused timeouts will not carry over to another half or overtime.

Overtime

4U – 10U: NO overtime will be played

12U – 18U: 1 2-minute period will be played; if this period ends in a tie we will play a sudden death period. Both overtime and the sudden death period will begin with a jump ball.

- *The clock will stop during the last minute of each half on all whistles.*

Scoring Regulations

Grade Level

4U – 6U
8U – 18U

Score keeping

No score kept
Score will be kept

RESPECT RULE

If a team increases their lead to 20 over their opponent the *RESPECT RULE* will go into effect until end of game OR the lead decreases to below 20 points. Our *RESPECT RULE* is in place to ensure a positive experience for all participants. The following will happen once the *RESPECT RULE* is in affect:

- Score on scoreboard will freeze and will only be changed if the team behind scores
 - Score will be kept on a score sheet to ensure scores are correct
- Coaches should consider making adjustments to game plan to allow more success for all players on both teams

Fouls and Penalties

Fouls

4U – 6U: Fouls will not be recorded

8U – 18U: Fouls are recorded. 5th foul disqualifies player.

Technical Fouls

Player/Coach

Player

Coach

1st Technical

Sit out a minimum of 5 game minutes

Must meet with Sports Director

2nd Technical

Ejection from game

Ejection from game site for the day

If a coach receives an ejection from a game they must meet with the Sports Director prior to coaching another game. Sports Directors may take further action, up to removing the coach from our program, if they deem necessary.

Violations

Throw-in

- 4U – 6U No Time Limit
- 8U – 18U 5 seconds

Closely Guarded

- 4U – 10U Does not apply
- 12U – 18U 5 seconds

Backcourt

- 4U – 6U No Back Court Violations
- 8U – 18U 10 seconds

Lane Violation

- 4U – 6U No Restrictions
- 8U – 10U 5 seconds
- 12U – 18U 3 seconds

DIVISION SPECIFIC RULES

4U (will play 3 v 3)

1. Coaches will officiate
2. No full court press allowed.
3. **1-2 Zone defense only**
4. No double teaming outside lane
5. No Steal Rule applies
 - **No Steal Rule** - Players may not steal the ball if the opponent is dribbling or holding the basketball. They may steal the ball if the opponent passes to another teammate.

6U (will play 4 v 4)

1. No full court press allowed.
2. **2-2 Zone defense only. Defense must keep 1 foot in the lane.**
3. No double teaming outside lane.
4. No Steal Rule applies

- **No Steal Rule** - Players may not steal the ball if the opponent is dribbling or holding the basketball. They may steal the ball if the opponent passes to another teammate.
- 5. **First two weeks of play**- Traveling and double dribble will not be called for the first two weeks of play. Officials will blow whistle, instruct on the error, and give the ball back to the player.
- 6. **Starting in week 3** - the following will constitute traveling and double dribble and will result in a turnover:
 - Traveling – more than 4 steps
 - Double Dribble – dribble and pick up more than twice.

8U

1. No full court press allowed.
2. **Half court man to man only**
3. No double teaming outside lane.
4. No Steal Rule applies
 - **No Steal Rule** - Players may not steal the ball if the opponent is dribbling or holding the basketball. They may steal the ball if the opponent passes to another teammate.
5. **First two weeks of play**- Traveling and double dribble will not be called for the first two weeks of play. Officials will blow whistle, stop clock, instruct/explain the error, and give the ball to other team.
6. **Starting in week 3** – clock will not stop; official will blow whistle, briefly instruct/explain, and give ball to the other team.
 - Traveling – more than 4 steps
 - Double Dribble – dribble and pick up more than twice.
7. Free Throws: Weeks 1-2 = stop the clock; weeks 3-7 = clock will run.
 - Awarded just 1 free throw
 - All other players will be at half court
 - Ball will turnover to non-shooting team

10U

1. No full court press allowed.
2. Any type of half-court defense is allowed
3. No double teaming outside the lane.
4. Should a 20 point margin be reached at any point, the team ahead must keep 1 foot in the lane until difference is back under 20 points.
5. 20 point lead in the 2nd half will result in a running clock as long as that margin is 20 or over. If team catches up back to normal timing/scoring applies.
6. Free Throws:
 - 5 players may be on the lane during free throws.
 - Players may release on the shot; shooter is allowed to cross the free throw lane when it hits the rim.
 - Players lining up outside the free throw lane must be behind the 3 point arc; may release to rebound when the ball hits the rim on the final free throw shot.

12U – 18U

1. Any type of half-court defense is allowed.
2. Full-court press allowed until:
 - 10 point margin is reached for 12U – 14U grade
 - 20 point margin for 16U – 18U grade.
 - Leading team must drop back to half-court defense.
3. 20 point lead in the 2nd half will result in a running clock as long as that margin is 20 or over.
4. No Dunking will be allowed at any time.
5. Free Throws:
 - 5 players may be on the lane during free throws.
 - Players may release on the shot; shooter is allowed to cross the free throw lane when it hits the rim.
 - Players lining up outside the free throw lane must be behind the 3 point arc; may release to rebound when the ball hits the rim on the final free throw shot.

16U – 18U Continued

1. Player Technical Fouls
 - 1 player tech will result in the player sitting out 5 game minutes
 - 2 player techs in the same game will result in ejection
 - 2 player tech in a season will result in suspension of 1st half of next game
 - 3 player techs in a season will result in suspension from league for remainder of season
 - 3 technical fouls on same team in one game will result in forfeiture of the current game
 - The head coach must meet with Sports Director before team can play again
 - Further actions can be taken by Sports Director if necessary
2. Each team must have a head coach who is at minimum 25-years-old
 - Must be present and on the bench at the game
 - Coach or parent/guardian (age 25+) must be present at practice
3. Coach or parent/guardian (age 25+) must be present at practice
 - Team must inform the YMCA when and where they will practice
4. 4 players on the roster and 1 coach (age 25+) must be present to start the game
 - Game clock will start 5min after time of game or 5 min after previous game ends
5. Roster checks
 - Photo ID required for week 1
 - Site Supervisor may conduct photo ID Random checks throughout the season
 - No photo ID and the player will not be allowed to play
 - Only players on the roster allowed to play
 - Only rostered players and 2 coaches can play and sit on the bench
6. Any physical altercation (punch or kick) = suspended from all YMCA leagues

OFFICIALS AND THEIR DUTIES

Officials

1. The referee has jurisdiction from the time he/she enters the area of the play until signaling the end of the game. The referee's decisions are final.
2. **U4 coaches will act as referees for their games. Coaches should stop the game to instruct and explain as needed.**
3. **Officials will be assigned to games in 6U – 18U**
4. The referee shall enforce the rules of the game.
5. The referee can suspend or terminate a game whenever it is deemed necessary; for example interference by spectators or coaches.
6. The referee can caution a player and eject from play any player quality of violent conduct, use of foul or abusive language, or persistent infringement of the playing rules. That player must sit out the next game.
7. Teams shall change sides at the completion of each half.
8. Prior to game, referee will have a pre-game meeting with coaches/captains from both teams to discuss basic game rules/procedures.

Scorekeepers:

1. A parent volunteer will be responsible for keeping the scorebook during the game.
 - This is the official score keeper of the game
2. A parent volunteer (preferably from opposite team) will be responsible for running the scoreboard
 - This is the official time keeper of the game and will work with officials to ensure correct timing

SPORTSMANSHIP

1. If the site supervisor or referee witness any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**
2. Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.)
 - If trash talking occurs, the referee will give one warning.
 - If it continues, the players or players will be ejected from the game.

COACH/PARENT/FAN CODE OF CONDUCT

We ask that you try your best to uphold this code, so that everyone can enjoy their experience. As a YMCA parent, we ask that you:

- Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or event.
- Place the emotional and physical wellbeing of the players ahead of your personal desire to win.
- Demand a drug, alcohol, and tobacco free sports event and agree to assist by refraining from their use at all youth sports events.
- Ask your child to treat other players, coaches, fans, and officials with respect.
- Promise to help your child enjoy the youth sports experience by fostering good sportsmanship, assisting in coaching, being a respectful fan, and modeling that behavior for your child.
- Have your child participate in as many practices and games as possible while providing proper supervision for all of the children brought to practices and games.
- Attend practices and games to support your child's participation.
- Be a positive role model for your child and the other players on his/her team.
- Not use profanity or vulgar speech while observing your child's activities.
- Not coach your child, or other children, during games if you are not an official coach.
- Keep off of the playing field at all times, unless specifically told otherwise by an official or coach.
- Refrain from bringing a dog or other animal to practices or games. Pets are not allowed at many locations.
- Resolve conflicts without regressing to hostility or violence.
- Not encourage any behavior that could be dangerous to your child or the other children.
- Not taunt, heckle, argue with, any coach, official, or opposing player during the course of your child's games/practices.

Policy Enforcement

- Individual may be given a warning for inappropriate behavior.
- Individual may be asked to leave the game(s) and may be asked to not return for other Youth Sports activities
- Other sanctions as deemed necessary may be enforced

Thank you for choosing YMCA Youth Sports!

If you have questions, please contact the sports staff at your YMCA branch.

metroymca.org