

YOUTH BASKETBALL RULES

RULES FOR 1ST-4TH GRADE LEAGUES

1. The clock will run continuously EXCEPT for the final minute of each half. In the final minute, the clock will stop for all dead ball situations.
2. Each team will be allowed two timeouts per half, with the timeouts not being carried over into the second half.
3. Each game will consist of 4 periods that are 9 minutes each.
4. Every player will play an equal amount of time unless unable due to injury, illness, ejection or disciplinary reasons. Game portions played will be counted in increments of half-periods. No player shall play more than one half-period above another player. The official scorer will record each player's playing time.
On the first dead ball inside of 4:45 remaining, a brief official timeout will be called for substitutions. Players on the bench are to enter the game at this point. Except for injury, illness or ejection, this is the only time that players can enter or exit the game during the period.
5. **Technical fouls** will result in two free-throws and possession. **Intentional fouls** will be treated the same.
6. Alternating possession will be used for all jump ball calls and to begin the final three quarters.
7. **Personal fouls:** All players will be limited to five personal fouls per game. After the fifth, the player will be disqualified.
8. **One and bonus foul shots:** Once a team has committed seven team fouls then the offensive team will be in the bonus and will shoot free throws.
9. Back court violations (over and back) will be called for all leagues although the lowest leagues will allow some leniency.
10. There will be a ten (10) second rule to cross midcourt by the offense approaching their basket.

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1. Double-teaming of offensive players will not be allowed except in the lane area. Result: Official stops play and the offensive team inbounds the ball.
2. Once a team gains possession, backcourt pressure is not allowed. The officials will help instruct the defense to retreat. There will be no exceptions to this rule.
3. The three-second lane violation will be enforced for 3rd-4th graders.
4. Zone defense and man to man defense is allowed with the reminder that double teaming is not allowed.
5. **FOUL SHOTS: (Only 1st-2nd Grade League)** To save time, only the player shooting the shot and two defensive players will be allowed to remain. Other players will retreat to the other end to set up. The two defensive players will stand on the lane to be ready to put the ball in play after the second foul shot. The ball is dead following the shot attempt. (3rd-4th Grade League) The players will line up along the lane in normal positions for a regular free throw.
6. Foul shooters must line up behind the foul stripe but their momentum may carry them over the stripe without penalty. In cases of players clearly unable to shoot from the distance the official may designate a closer mark (1st-2nd Grade).
7. Coaches may call for a timeout.

In the case that other rules become necessary or a game situation is not covered by a rule, the League Director, Game Supervisor or the Officials (during a game) are empowered to decide in a manner that they deem appropriate. Their purpose is to provide a program in which the players can have fun, be safe, and develop knowledge, skills, and sportsmanship in the great game invented by YMCA Director, James Naismith.