



YMCA Recreational Basketball Rules

All players must play at least half a game or receive equal playing time. Allowances may be made if practices are missed or for behavioral problems. Team rules should be in place by coaches and team members.

- Grades 2–4** Both Head Coaches will meet at mid-court prior to game with official(s) to discuss game procedure, special rules and odd/even number behind back for possession of ball (no center jump).
- Grades 5–8** Both Head Coaches will meet at mid-court prior to game to meet with official(s) to discuss game procedures. Tip off at center court to begin game.

PLAYING RULES

In general, the league will be governed by the Nebraska High School Basketball rules.

- Bench Area** Only the Head Coach can stand during game play (if bench/chairs present). Maximum of two coaches on bench. NO PARENTS IN BENCH AREA.
- Time Limits** Two 20-minute Halves. 3-minute break between halves.
Grade 2 & 3: Score is not kept; clock will only stop on time-outs/injuries.
Grades 4–8: Clock will only stop on time-outs/injuries and on all whistles in the **final minute** of the game, **only if game is within 5 points.**
- Game Time** Game may be started and played with 4 players (5th player, upon arrival, can sub in at dead ball).
- Time-outs** Each team is allowed one (1) full time-out and one (1) 30 second time-out per half.
Time-outs DO NOT carry over to second half.
If a team is not out of the huddle after the time-out, the ball may be put into play.
- Fouls** A player is allowed 5 fouls, or 1 technical foul, before being disqualified from the game.
- Bonus** 1 and 1 free throw awarded on the 7th team foul in each half. 2 free throws awarded on the 10th team foul in each half. (Bottom lane spaces will NOT be occupied for free throws)
- Technical Fouls** Technical fouls are at the discretion of the game official. 2 free throws will be awarded.
A Player who receives a technical foul must sit out remainder of game and the next scheduled game. **No Exceptions.**
A Coach who receives a second technical foul will be required to leave the building. **No Exceptions.**
A Parent or Fan who receives a second technical foul will be required to leave the building. **No Exceptions.**
Note: Further action may be deemed necessary by YMCA Directors for subsequent inappropriate behavior by player/coach/team/parent.
- Substitutions** Substitutions are only allowed during a dead ball whistle.
Coach/Player must get the attention of an official to have substitute motioned on to floor.
- Score Sheet** Coaches must fill-out roster on score sheet prior to each game
- Dunking** Dunking is NOT ALLOWED at any time by players, spectators, coaches or officials.
- Overtime** Overtime will NOT be played. Game will end in a tie where score is shown.
- 3-Point FG** In effect for grades 4-8, (Grades 2 & 3; See 3-point shot rule for games in Defense Section).

EQUIPMENT/UNIFORM

Volunteers

One volunteer is required from each team to assist with the scorekeeping and timing of the game.

Jerseys

All players **MUST** wear the official YMCA reversible navy/white mesh basketball jersey.

Home = white Away = blue

Ball Size

Grades 2–3: Junior size ball (27.5) **Grades 4–8:** Intermediate size ball (28.5)

Basket Height

Grade 2 & 3: 8 ½ ft. baskets **Grades 4–8:** 10 ft. baskets

Basketballs

Only coaches are allowed to bring practice balls to game sites.

Jewelry

Players may **NOT** wear any type of jewelry (watches, rings, earrings, friendship bracelets).
Earrings **CANNOT** be taped. They must be taken out or player cannot play. **No Exceptions.**

Casts/Splints

No casts or hard splints are allowed. **No Exceptions.**

OFFENSE

Free Throws

Grades 2–3: Free throw attempt from the 10' line.

Grades 4–5: Free throw attempt from the 12' line.

Grades 6–8: Free throw attempt from the regulation 15' line.

Note: Players lined up along the free throw lane may enter lane once the ball is released by the shooter.
Free throw shooter is not eligible to enter lane for rebound/put back.

On multiple free throw attempts (i.e. two or three shots) substitutes may not enter until there is only one free throw remaining, an injury or a player is disqualified with 5 fouls.

A marked lane space may be occupied by a maximum of 4 defensive and 2 offensive players.

The lane space nearest the basket will **NOT** be occupied.

Lane Violations

Grades 2–4: Lane area is determined from the 10' free throw line to the base line. Players are permitted in this area for 5 seconds.

Grades 5–8: Players are permitted in the lane for 3 seconds.

10-Second

Ball must be brought into the frontcourt within 10 seconds for all grade levels.

Over-and-Back

Grades 2–4: Rule does not apply. However, a player may not go back into the backcourt to run out time, a violation will be assessed. Offense must force action.

Grades 5–8: Rule does apply.

Fast Break

Grades 2 & 3: A team may fast break a maximum of 10 times per half.

Any fast break over the allotted 10 per half will result in play being stopped and the same team taking the ball out at mid-court and starting half-court offense.

Grades 4–8: A team may not fast break when they are ahead by 20 or more points.

The defense must be allowed to establish defensive position in the forecourt. Once defense is established, any type of basket is allowed. Repeated abuse will result in a violation and turnover. Opponent takes ball out at division line.

Scoring

Grades 2 & 3: Only team/player fouls along with fast break attempts will be kept.

Grades 4–8: Flip score will be used, but will **NOT** show a score above a 20-point difference.

Example: Team "X" is ahead of team "Y" by a score of 29–10. Team "X" scores a field goal to go ahead 21 points.

The flip score will change to the score of 30–10 showing only a 20-point difference. Any baskets made by team "X" beyond a lead of 20 points will not be reflected by flip score. If team "Y" reduces difference below 20 points, team "X" can then begin to flip score on future made field goals.

DEFENSE

Grade 2 & 3

Force Action: Offense must attempt to penetrate 19' arc within 5 seconds. Each time ball goes behind the 19' arc a new 5-second count will begin.

Entire Season Grades 2 and 3: Defensive 19' arc: The line that extends out to 19' arc (3-point field goal shot line) Either zone defense or person-to-person defense is allowed.

Defense must allow offense to penetrate the 19' arc before defending offensive player.

Field goal attempts may not be attempted from beyond the 19' arc.

Any attempt beyond the 19' arc will result in a change of possession.

Reaching in to tie-up ball handler may result in foul being called if there is contact made prior to tying up ball handler.

Grades 4 & 5

Full-court presses are NOT allowed. Either half-court zone or person-to-person defenses may be used.

Half-court presses are allowed; however, offensive player must be allowed to enter the forecourt.

If ahead by 20 points, defense must drop back to top of key.

Grades 6, 7, & 8

Full-court presses ARE allowed up to a 20-point lead.

If ahead by 20 points, defense must drop back to half-court.

Half-court press is allowed over 20-point lead; however, offensive player must be allowed to enter the forecourt.