



YMCA Gatorade Winter Basketball League Rules

National Federation Rules will apply. Please note some exceptions below.

Applicable National Federation Rules

- Coach may use a timeout to keep a bleeding player in the game (player must be ready to go at completion of timeout).
- A team member is prohibited from removing the jersey/pants within the confines of the playing area. A technical foul will be assessed.
- The rule for leaving the court for an unauthorized reason has been changed from a technical foul to a violation.
- Intentional fouls may or may not be premeditated and are not based solely on the severity of the act.
- If teams are not ready after a timeout, it is a 1st warning, then a technical foul. One team warning covers all team delays.

Applicable Gatorade League Rules

Practice Day Responsibilities

- Practice only during your designated timeslot.
- Notify Youth Sports Office if you will not be using your practice day and time.
- Supervise players at all times during practice. Players should not be running around the hallways.
- Do not leave until all players have been picked up from practice.
- Teams may lose practice space at their location if there are issues reported by the school staff. Please be respectful of LPS facilities and policies.

Game Day Responsibilities

- Provide a game ball.
- Fill out scoresheet with players first and last name as well as jersey numbers prior to game at the scorer's table.
- Each team must supply 1 volunteer for the score clock or scorekeeper.
- Players should not be running around the hallways or dribbling/tossing basketballs in the hallways or near the courts.
- Players should not be on the court shooting during timeouts if your team is not playing.

League Rosters

- Only registered players to the Gatorade League are eligible to play. These will be the players listed on your roster in Playerspace.
- Players may not play on more than one team in the same division.
- Playing a non-rostered player may result in a one game suspension for the coach of the team's next game. The game in which the non-rostered player participated in will be deemed a forfeit as well.
- Any roster changes must be approved by the League Director.
- Rosters will be locked January 30, 2026 with no more additions allowed.

Equipment

- 3rd grade shoot at 9' hoop and use a Junior Size ball (27.5 or 5).
- 4th – 8th grade Boys and Girls will shoot on a 10ft basket.
- 4th – 8th grade girls will use an intermediate size basketball (28.5 or 6)
- 4th – 7th grade boys will use an intermediate size basketball (28.5 or 6)
- 8th grade boys will use a regulation size basketball (29.5 or 7)

Uniforms

- Home Team = White Away Team = Dark
- Players must have a number on the back of jersey.
- Shorts must be pulled up over hips, shirts must be tucked in.
- Players shall not wear anything which is dangerous, i.e., rings, earrings of any type (no taped earrings), no casts allowed. Players with jewelry including earrings will be asked to remove them before they can play.

Game Length / Clock / Timeouts

- Two 20 minute halves with a running clock. Clock only stops for timeouts, injuries and on all whistles within final minute of each half.
- 2 timeouts per half, per team. 1 timeout per team in overtime. Timeouts DO NOT carry over.
- One 3 minute Overtime with a running clock. Clock stops within final 30 seconds on all whistles. If still tied, game ends in a tie.
- All grade levels will start the game with a jump ball.

Press Rules

- 3rd grade is NOT allowed to full court press. Half court press is allowed; offense must be allowed to cross half court. However, if the score is within 5 points in the **final minute** of the game, a full court press is allowed.
- 4th – 8th grade teams may full court press up to a 20 point lead, after 20 point lead only a half court press allowed.

Free Throw Rules

- On a free throw attempt, 6 players are allowed along the free throw lane, bottom lane spaces will not be filled.
- Players lined up along the free throw lane may enter the lane once the ball is released from the shooter.
- 3rd – 4th grade will shoot free throws from 12' (regulation is 15'), the shooter is not eligible for rebound/put back.
- After the 7th team foul committed by a team in a half it will be one-and-one at the free throw line. One, plus an additional free throw if first free throw attempt is successful.
- After the 10th team foul committed by a team in a half it will be a double bonus. Two free throws.

Standings / Single Elimination Tournament

- All League game scores will be entered by the YMCA Youth Sports Office.
- After the regular season is over all divisions will have a single elimination season ending tournament.
- Seeding for the tournament will be based off regular season standings.
- Tournament brackets and seeding's will be posted on February 16th after 5pm.
- Awards will be handed out for 1st, 2nd and 3rd place for the single elimination tournament only.
- If your team is not available the weekend of the tournament you need to let the Youth Sports Office know by January 30th so you do not get placed on the tournament schedule.
- If a team no show, no calls 2 or more times throughout the regular season they will automatically be disqualified from participating in the tournament.
- Only Gatorade League rostered players to your team are eligible. Rosters will be locked January 30, 2026.
- Playing a non-rostered player will result in automatic disqualification from the tournament.

Miscellaneous Information

- A coach/parent must be present on the team bench for each team in order to play a game.
- A game may start with 4 players. Upon arrival, the 5th player may enter game on dead ball whistle.
- The official score book will be at the scorer's table. Coaches must stay at least 10 feet from the table so scorer can see each basket.
- Game officials are responsible for getting the game started as soon as possible. A game may start early only if both coaches agree.
- Concerns about the officials are allowed but **MUST** be communicated to supervisor or league director, **NOT** to the officials.
- **NO badgering/mocking of the officials is allowed at any time, this is grounds for technical foul and possible removal.**
- **DO NOT approach a referee in a derogatory manner after a game is completed, this is grounds for league removal.**
- It is a YMCA Gatorade rule that all players play equivalent to one full quarter and we prefer that each child play half. If a child has a disciplinary problem, time allowances can be made. Team rules and consequences for misbehavior should be addressed prior to the season with all team members and families.

Consequences from Ejections / Game Behavior

- A coach is responsible for the behavior of themselves, their assistants, their players and their fans.
- **If a Player is ejected from a game**, they **MUST** sit out the remainder of the game **AND** the next game. The player is not allowed to attend, even to watch. **No Exceptions.** If this player is ejected again within the season, this player is expelled from the league.
- **If a Coach is ejected from a game** or behavior is severe, that coach **MUST** leave the facility. **No Exceptions.** The coach is also suspended for the next game or more. The coach may not attend during suspended game(s). If coach returns to facility after being removed, or does not leave respectfully, coach will be removed from league. If this coach is ejected from another game the coach will be permanently removed from the league.
- **If a Parent is removed from a game**, they **MUST** leave the facility and are prohibited from attending the next game. **No Exceptions.**
If this same parent is removed from a second game, that parent is permanently unable to attend YMCA Gatorade League basketball games. If the parent returns to the site after removal, this parent will be permanently removed from watching any further games this season.
- **Game WILL be stopped if a coach, player, parent or fan is refusing to leave after an ejection.**
- A single technical foul on a coach or player does not result in ejection from a game unless it is deemed flagrant.
- Normal Federation Rules will apply when dealing with technical fouls and subsequent disqualifications.
- YMCA Site Supervisor has the final decision in all instances that occur at the site.
- Expulsions/suspensions from the league will be handled by league director.
- **Inappropriate behavior that does not result in ejection from a game but is brought to the attention of the Youth Sports Office will be dealt with on an individual basis - suspension/ejection is possible.**

Weather Cancellation

- For inclement weather: Please call the YMCA Youth Sports Cancellation Line at 402-434-9211 for all YMCA Youth Sports Activities.
- When games are cancelled, a notice will also be sent out through Playerspace and posted on the website.
- Weekend decisions are made by 11:00am.