



**FOR YOUTH DEVELOPMENT®**  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Youth Basketball Rule Book

Ages 4U-12U | GREATER WICHITA YMCA



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## Questions?

### Contact Your Sports Director

Andover	Matt Wintz	316-733-9622
East	Scott Hill	316-719-7708
El Dorado	Taylor Wink	316-320-9622
North	Taryn Ketter	316-928-2630
Northwest	Rob Garcia	316-928-2644
West & South	Catherine Seals	316-719-7702

## **WICHITA YMCA SPORTS PLEDGE**

Win or lose, I pledge before GOD...  
To play the game as well as I knows how  
To obey the rules of the game  
To be a good sport at all times; and  
To improve myself in Spirit, Mind, and Body

## **YOUTH SPORTS MISSION STATEMENT**

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

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

# YMCA STAFF

YMCA personnel shall be present and visible at all games. If you encounter any problems or have suggestions, please contact the supervisor. If you have a question or suggestion concerning the game or league, please present it before or after the game to the supervisor, not during the game. Site supervisors have the final decision at all sites.

## YMCA COACHES' CODE OF CONDUCT

### 1. MODEL & TEACH THE YMCA CORE VALUES TO YOUR PLAYERS

- **Caring** – YMCA coaches will provide positive support, care and encouragement for all athletes that play YMCA sports.
- **Honesty** – YMCA Coaches will be honest with players, parents, and YMCA officials in all situations.
- **Respect** – YMCA Coaches will respect the game by never cheating. YMCA Coaches will respect the decision of the officials and will never display demeaning or derogatory actions.
- **Responsibility** – YMCA Coaches will be responsible by showing good communication with their parents, players, and YMCA league officials. YMCA Coaches will be organized and follow through with their responsibilities to the end of the season.

### 2. FOR YOUTH DEVELOPMENT

- Build kids up through positive feedback and support.
- Reward effort not just good outcomes.
- Teach strong fundamentals of the game.
- Playing all kids 10 minutes each game with the intent of trying to play each player 50% of the game overall.
- Continue to learn as a coach.

### 3. FOR HEALTHY LIVING

- Encourage parent involvement with their child and with the team.
- Encourage healthy snacks

### 4. FOR SOCIAL RESPONSIBILITY

- Team huddles required every game and practice to talk about core values and sportsmanship.
- YMCA Sports Pledge to be said with parents and players before the game.
- Drinks and Snacks provided to the officials after the game.

# PARENT INFORMATION

**REGISTRATION:** All sport seasons will have a registration begin and end time. Refer to the sports calendar to see the specific dates/times of each season. Each YMCA will continue to accept registrations until teams are full.

**WEATHER POLICY:** In case of bad weather, we will update this line to inform you of game status. For games, a decision will be made one hour prior to game time. This information is available on our Sports Hotline at 838-9622. You can also receive updates via text through twitter by texting "follow fscysport" to 40404.

**INCOME-BASED PRICING:** Calculate your rate online at [ymcawichita.org/rates](http://ymcawichita.org/rates) or contact your YMCA for more information.

**YMCA WEBSITE:** <http://www.ymcawichita.org/locations/>"enter your Y Branch name"  
Visit your playerspace team page for rules, standings, and schedules.

**REFUND:** Participants dropping a class/league prior to the first class/game may request a credit or refund. No credit/refund will be given after the first class/game, unless the class is cancelled. CREDIT MUST BE USED WITHIN ONE YEAR OF REQUEST DATE. Refund will require multiple approvals, available on a limited basis, and may take up to 30 days for processing.

**PICTURES:** Legends Photography will be here each season to take team and individual pictures. Each coach will receive a picture time from them. Should a problem arise with your order, please call Legends @ 316-613-3504.

# GENERAL LEAGUE RULES – All Divisions

## League Information

- Each team will play eight (8) season games.
- Each team, ages 5u and above will be provided with one (1) hour practice each week.

## Game Day Operations

- Each team will provide one adult table volunteer to keep score or the clock.
  - Home (White Jersey) team = Book | Visiting (Blue Jersey) Team = Clock
- YMCA Sports Pledge will be read by team captains before every game.

## Equipment

- All players are required to wear the YMCA reversible jersey for games.
- Jerseys must be tucked in.
- Athletic shorts and court/tennis shoes are recommended.
- No jewelry can be worn or taped

## Gameplay

- Timeouts
  - Each team will receive four (1) minute timeouts per quarter.
  - The first whistle will be blown at the 45-second mark.
  - The second whistle will be at 1-minute.
  - Teams need to be ready to play at the second whistle.
- Halftime
  - 3 minutes in length
- Substitutions
  - Each player will play 50% of every game
  - Free substitutions
  - Players must check in at the scorer's table and wait to be called in by an official.
- Coaching Protocol
  - Head Coach
    - Allowed on the floor for the following age divisions: 4U & 5U (Must stay along the sidelines and out of the lane.)
    - One head coach and one assistant coach will be allowed on the bench during games. Coaches must be seated at all times while play is live.
    - Head coach is the only coach allowed to address the officials before, during, or after the game.
  - Assistant Coach
    - May confer with players and table personnel during dead ball situations.
  - Officials will call coaches on the floor for injuries when necessary.
  - Under no circumstances shall any coach confer with another player or coach unexpectedly.
- Technical Fouls
  - Player
    - Upon receiving one (1) technical foul, the player will sit out the remainder of the game.
  - Coach
    - 1<sup>st</sup> technical results in a meeting with the Sports Director to discuss his/her actions.
    - 2<sup>nd</sup> technical results in suspension. Suspension to be determined by Sports Director.
- Overtime
  - No overtime periods will be played.
- Free Throw Administration
  - Players in marked spaces may enter the lane upon the shooters release of the ball.
    - The Shooter and players beyond the 3-point arc may not enter the lane until the ball hits the rim.

# AGE SPECIFIC RULES

## 4 & Under

- Ball Size: Rookie (25.5)
- Goal Height: 6ft and 6 inches (Drop down goal)
- Clock: Four (5) minute quarters (running clock) following the 30 minute pre-game practice session
- Score: No score will be kept
- Fouls: Will be called but not recorded.
- Numbers: NOT required on jerseys

### **Offensive Regulations**

- Throw in: No time limit.
- Closely guarded: Does not apply.
- Backcourt: No background violation. Over and back will also not be called.
- No free throws.
- Lane violations: No restrictions.
- Traveling: More than 4 steps without dribbling.
- Double dribble: picking up the ball more than 2 times.
  - Traveling and double dribble will not be called the first 2 weeks. Officials will blow the whistle, instruct the error, and give the ball back to the player.

### **Defensive Regulations**

- Half court man to man (no zone).
- Players must stay with their marked man (marked by the same color wristband).
  - Wristbands can only be switched during substitutions, time outs, or quarter breaks.
- No steal rule in effect: Players may not steal the ball if the opponent is dribbling or holding the basketball. They may steal the ball if the player passes the ball to another player. They may also steal the ball if a player loses control of the ball (loose ball).

## 5 & Under

- Ball Size: Rookie (25.5)
- Goal Height: 6ft and 6 inches (Drop down goal)
- Clock: Four (6) minute quarters (running clock)
- Score: Score will be kept but standings will not. Should a 10 point margin be reached, the score will be reset to 0-0.
- Fouls: Will be called but not recorded.
- Numbers: NOT required on jerseys

### **Offensive Regulations**

- Throw in: 10 seconds
- Closely guarded: 5 seconds but only when player is holding the ball.
- Backcourt: No violations will be called – 10 seconds nor player position on the court – front or back.
- No free throws.
- Lane violations: 10 seconds.
- Traveling: More than 4 steps without dribbling.
- Double dribble: picking up the ball more than 2 times.
  - Traveling and double dribble will not be called the first 2 weeks. Officials will blow the whistle, instruct the error, and give the ball back to the player.

### **Defensive Regulations**

- Half court man to man (no zone).
- Players must stay with their marked man (marked by the same color wristband).
  - Wristbands can only be switched during substitutions, time outs, or quarter breaks.
- No steal rule in effect: Players may not steal the ball if the opponent is dribbling or holding the basketball. They may steal the ball if the player passes the ball to another player. They may also steal the ball if a player loses control of the ball (loose ball).

## **6 & Under**

Ball Size: Junior (27.0)

- Goal Height: 8ft
- Officials: YMCA
- Clock: Four (8) minute quarters (running clock)
- Score: Will be kept but standings will not. Should a 20 point lead be obtained by a team the scoreboard will be reset to 0-0. If the margin goes under 20, the score will be placed back on the scoreboard.
- Fouls: Will be recorded. Players will foul out after 5 fouls.
- Numbers: Are required on jerseys

### **Offensive Regulations**

- Throw in: 5 seconds
- Closely guarded: 5 seconds
- Backcourt: Violations do apply. A player will have 10 seconds to cross half court and may not return to the back court unless team possession is lost and re-established. A player is established in front court when both feet and the ball have crossed the line.
- Free throws will be shot (12 foot free throw line).
- Lane violations: 5 seconds
- Traveling: Violation will be called.
- Double dribble: Violation will be called.

### **Defensive Regulations**

- Half court man to man (no zone).
- Players must stay with their marked man (marked by the same color wristband).
  - Wristbands can only be switched during substitutions, time outs, or quarter breaks.
- No steal rule in effect: Players may not steal the ball if the opponent is dribbling or holding the basketball. They may steal the ball if the player passes the ball to another player. They may also steal the ball if a player loses control of the ball (loose ball).

## **8 & Under**

- Ball Size: Women's (28.5)
- Goal Height: 8ft and 6 inches
- Officials: YMCA
- Clock: Four (8) minute quarters (running clock)
- Score: Will be kept but standings will not. Should a 20 point lead be obtained by a team the scoreboard will be reset to 0-0 and they will follow the "**no steal**" rule (6U Rules). If the margin goes under 20, the score will be placed back on the scoreboard.
- Fouls: Will be recorded. Players will foul out after 5 fouls.
- Numbers: Are required on jerseys

### **Offensive Regulations**

- Throw in: 5 seconds
- Closely guarded: 5 seconds
- Backcourt: 10 seconds. Over and back will be called.
- Free throws will be shot (12 foot free throw line).
- Lane violations: 5 seconds

### **Defensive Regulations**

- Any type of half-court defense is allowed. No full court pressure.
- Players may steal the ball but should be encouraged to play defense with their feet and their primary concern being to protect the basket.



## **10 & 12 Under**

- Ball Size: Women's (28.5)
- Goal Height: 10 feet
- Clock: Four 10-minute quarters (running clock)
- Score: Will be kept but standings will not. Should a 20 point lead be obtained by a team the scoreboard will be reset to 0-0. If the margin goes under 20, the score will be placed back on the scoreboard.
- Fouls: Will be recorded. Players will foul out after 5 fouls.
- Numbers: Are required on jerseys

### **Offensive Regulations**

- Throw in: 5 seconds
- Closely guarded: 5 seconds
- Backcourt: 10 seconds. Over and back will be called.
- Free throws will be shot (15 foot free throw line).
- Lane violations: 5 seconds (12U will be 3 seconds)
- Traveling: Regular violation.
- Double dribble: Regular violation.

### **Defensive Regulations**

- 10U
  - Any type of half-court defense is allowed. No full court pressure.
- 12U
  - Any type of defense is allowed. Teams may press until they are up by 10 points. After a 10 point lead they must pull the full court press off.