

Greater Austin YMCA

Basketball Rules & Guidelines

The Greater Austin YMCA has a responsibility to our community to serve youth and their families through positive experiences that teach them the value of community togetherness.

Greater Austin YMCA youth sports will focus on the development of the whole child through age-appropriate & character-based curriculum, delivered in a judgment free environment that allows participants to learn, develop, and be filled with joy.

These recreational youth development programs will produce memorable experiences.

Through purposeful training of staff and volunteers, targeted marketing, and clear communication, the Greater Austin YMCA can fill the gap in our community and provide non-competitive youth sports leagues, so that young people may:

- Develop youth sports skills & grow into well-rounded athletes and people and realize their potential as active, engaged, and thriving global thinkers.
- Engage in youth sports for multiple seasons as well as other Y youth programs (camp, swim lessons, afterschool, etc).

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Youth Sports Directors

YMCA YOUTH BASKETBALL

I. GENERAL

- A. Except where otherwise noted in these rules, National Federation Rules (High School) shall govern competitions in YMCA youth basketball leagues.
- B. Divisions are determined by the player's age entering into the season.
- C. UIL rules state that children playing on their high school teams cannot play in another league at the same time.

**The Y reserves the right to adjust divisions based on player enrollment.*

II. PARTICIPANT EXPECTATIONS

- A. Coaches, parents and players are expected to uphold YMCA values in both victories and in defeat.
 - Coaches and parents will ensure and promote a culture of celebration. Taunting or otherwise demeaning of others will not be permitted.
 - Coaches and parents will be expected to address the referees of the game in a respectful and professional manner. Coaches must hold all questions about calls until a stoppage in play.
 - Coaches will refrain from using profanities while representing the YMCA.
 - The YMCA reserves the right to remove anyone from the facility whose behavior or actions is inappropriate or is in violation of the YMCA mission, policy, or usage guidelines.
- B. Coaches and players should learn and work to fully understand both standard basketball and specific Y league rules.
- C. Coaches will play all players on their roster an equal share of the game.
- D. Coaches for the 4-5 age division may be on the court. Coaches for 6+ age divisions will remain on the sidelines during play.
- E. Coaches will complete all aspects of onboarding, including completion of:
 - criminal background checks.
 - attendance of YMCA coaches training.
 - completion of child sexual abuse prevention training.

- F. Volunteer Coaches will be required to attend/complete any provided certifications and training. Administrative support and equipment will be offered by the YMCA of Austin.

By volunteering to be a coach, you have chosen to be a role model for all participating children and to represent yourself and the YMCA at all games and practices throughout the year

III. TEAMS

- A. Teams will be formed with the following taken into account:
- Age (Participants must play in their current age group. Any request to play in older or younger age group must be requested and approved by Sport Directors)
 - Child/Coach requests
 - Practice day availability
 - Previous basketball experience (Noted by Parent on registration)
- B. Players will remain on the same team throughout the entire season.
- Rosters will be considered Final by the first Game of the season
- C. Teams shall have no more than 10 players and no less than 6 players on a roster unless approved by a Director.
- D. Five players per team shall participate at any one time. In the event that one team has only 4 players, the opposing team shall play with only 4 players or the coaches shall mutually agree on a reasonable way to have parity for the competition. No official game will be played with fewer than 4 players per team.
- E. Only players on Y rosters are permitted to participate in practices and games unless approved by a Director.

IV. PRACTICES

- A. Kinder (4/5) - Teams will be given the first 20 minutes of the scheduled hour each Saturday to practice prior to playing their game.
- B. All other ages (6+) – Teams will be given one (1) practice hour per week at a YMCA gym or Y rented facility.
- C. Offsite Practices are prohibited.

V. PLAYING TIME

- A. Participants should have the opportunity of equal playing time throughout the game and be given equal opportunities to start and end games throughout the season.
- B. No one player should sit or play consecutive quarters.

VI. YOUTH SPORTS PLEDGE

- A. At the start of each game, all players, coaches, and referees will meet at the center circle to recite the Youth Sports Pledge and address any rule clarifications.

YOUTH SPORTS PLEDGE

**I PLEDGE TO PLAY THE GAME,
THE BEST THAT I CAN,
TO BE A TEAM PLAYER,
TO RESPECT MY OPPONENTS,
THE RULES AND OFFICIALS,
AND IMPROVE MYSELF IN MIND,
BODY, AND SPIRIT.**

Greater Austin YMCA Youth Basketball Guidelines

Age Group	Ball Size	Game Length	Defense Allowed	Rim Height	Special Rules
4-5	27.5 in. Junior	4 X 6 Minute Quarters, No Overtime	Man to Man Half-court defense using colored wristbands ; no press allowed No Fast Breaks allowed the first 3 weeks.	6Ft.	No steals. Defenders can not take the ball from the offensive players and a defender can not intercept an offensive pass. No shot blocking is allowed. Loose balls are allowed.
6-7	27.5 in. Junior	4 X 7 Minute Quarters, No Overtime	Man to Man Half-court defense using colored wristbands ; no press allowed No Fast Breaks allowed the first 3 weeks.	8 Ft.	No steals. Defenders can not take the ball from the offensive players and a defender can not intercept an offensive pass. No shot blocking is allowed. Loose balls are allowed.

8-9	28.5 in. Intermediate	4 x 8 Minute Quarters. No Overtime	<p>Man to Man switching allowed No zone defense</p> <p>(Only one defender on the ball) no double team/ trapping Half-court defense only; no press allowed.</p>	8.6ft	<ul style="list-style-type: none"> • Players may not double team or trap. • Steals and blocks are allowed. <p>(No Free Throws on Fouls) Team that is fouled regains possession. If a Player is fouled on the act of shooting and basket goes in, 2 points will count and the shooting Team will receive ball possession</p>
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10-11	28.5 in. Intermediate	<p>2 x 16 Half Minute (Stop Clock on free throws only) 3 Min. Overtime if Necessary</p>	<p>Man to Man or zone defense. Half-court defense only.</p> <p>No press allowed unless it is the last two minutes of a game that is within 10pts.</p> <p>Two Free Throws for all bonus situations (no one-and-one). Team fouls reset at the 8-minute mark of each half. Bonus begins at 5 team fouls per 8-minute segment.</p>	10 Ft.	<ul style="list-style-type: none"> • Half-court defense only, no press allowed. • 20pt + difference in Score may be removed from Clock, but kept on score sheet • Free-throw shooter are allowed to Take one step Towards the basket. From freethrow line
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12-14	29.5 in. Official Size	2 x 16 Half Minute (Stop Clock on free throws only) 3 Min. Overtime if Necessary	<p>Man to Man or zone defense.</p> <p>No press allowed after a 20 pt lead.</p> <p>Defense must set up within the 3pt line after a 30 pt lead.</p> <p>Two Free Throws for all bonus situations (no one-and-one). Team fouls reset at the 8-minute mark of each half. Bonus begins at 5 team fouls per 8-minute segment.</p>	10 Ft.	<p>Full court press allowed.</p> <p>20pt + difference in Score may be removed from Clock, but kept on score sheet</p>
15-17	29.5 in. Official	2 x 16 Half Minute (Stop Clock on free throws only)	<p>Man to Man or Zone Defense.</p> <p>No press allowed after a 20 pt lead.</p> <p>Defense must set up within the 3pt line after a 30 pt lead</p> <p>Two Free Throws for all bonus situations (no one-and-one). Team fouls reset at the 8-minute mark of each</p>	10 Ft.	<p>Full court press allowed. 20pt + difference in Score may be removed from Clock, but kept on score sheet</p>

			half. Bonus begins at 5 team fouls per 8-minute segment.		
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VII. CLOCK

- A. Ages 4-9: Clock will run continuously except for timeouts.
- B. Ages 10+: Clock will run continuously except during free throws and the last two minutes of a game that is within 10pts.
- C. Halftime will be three minutes. Quarter breaks will be 1 minute.
- D. At the discretion of the official, time may be stopped for injuries, substitutions, and other delays in the game.

VIII. SUBSTITUTIONS

- A. Substitutions shall occur halfway through the quarter (4-7 Year old) 8+ Substitutions are allowed on dead balls.
- B. Desired substitutions are to present themselves at the scorer's table and be recognized by an official prior to its occurrence.
- C. The player subbing into the game must wait for their teammate to exit the court, and the official to allow them in.

IX. OTHER RULES

- A. Ages 4-7
 - o Arm bands will be provided for defensive assignments. Coaches and officials will match-up players based on size and skill level.
 - o No double team, pressing, trapping, or steals (players should follow the rule of "hands up, hands out" while on defense – no reaching).
 - o Shot blocking is not allowed. Players are to extend their arms straight up while an opposing player is shooting.
 - o Defenders must yield at least 3 ft to the offensive player on throw-ins.
- B. Double dribble and traveling
 - o Ages 4-5: will not be enforced. Officials and Coaches should encourage children to practice these rules correctly throughout the game though.
 - o Age 6-9: will be called as a warning the first three weeks of the season
 - o **Beginning week four of the season,** excessive double dribbling or traveling will result in a turnover.
 - o Ages 10+: will be called and will result in a turnover.

X. TIMEOUTS

- A. Ages 4-5: One timeout per half
- B. Ages 6+: Two timeouts per half
- C. Timeouts shall last 1 minute.
- D. Unused timeouts will be lost. They do not carry over.

XI. FOULS & FREE THROWS

- A. Ages 4-7
 - Individual fouls may be called but will not be recorded
 - Players cannot foul out.
 - Players will not attempt free throws.
- B. Ages 8-9
 - Personal fouls will be called but no personal fouls will be recorded. (Officials have the discretion of sitting a player for excessive fouls)
 - No free throws will be taken
 - If a Player is fouled on the act of shooting and basket goes in. 2 points will count and the shooting Team will receive ball possession
- C. Ages 10+
 - Personal and team fouls will be called recorded.
 - A player will be disqualified following their 5th foul.
 - If a player fouls out of the game on a team consisting of only five players, the player will still be allowed to play and the team will receive a technical for each foul committed

Team Foul Count Rule for Two 16-Minute Halves

Elimination of One-and-One Free Throws

- The one-and-one free throw is no longer used. Players shoot **two free throws** for all bonus situations.

Team Foul Reset

- Team fouls reset at the **8-minute mark** of each half.

Bonus Free Throws

- A team enters the bonus when the opposing team commits **5 team fouls** in an 8-minute segment. Players are awarded **two free throws** for all common fouls after this threshold.

This rule ensures fair play and allows teams to adjust their strategies midway

through each half.

**The official reserves the right to warn and/or eject a player at any time if they continue to commit contact fouls or flagrant fouls against the other team.*

XII. END OF SEASON AWARDS

- A. All participants will receive a medal.

XIII. OFFICIALS

- A. The YMCA will provide a trained basketball official to run each game. B. The official will be in charge of the game and will have the authority to remove, at their discretion, participants or spectators who exhibit poor sportsmanship.

XIV. SCORE & CLOCK

- A. The home team is responsible for providing a volunteer parent to run the clock and keep track of fouls (8+) and score (8+)

**Rules are property of the YMCA of Austin. All rights reserved.*