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CLEVELAND COUNTY FAMILY YMCA GIRLS INSTRUCTIONAL LEAGUE BASKETBALL RULES AND REGULATIONS

SECTION I. NAME

A. This league shall be known as the Cleveland County Family YMCA 7 to 9 year old Girls Instructional Youth Basketball League, and play will be governed by the rules and regulations set forth on these pages.

SECTION II. OBJECTIVE AND PHILOSOPHY

A. To promote, develop and nurture in every child and family, values that are core to the YMCA: Faith in God, honesty, caring, respect, and responsibility. The Cleveland County Family YMCA Sports basketball program should encourage teamwork, sportsmanship, and fairness while striving to build the self-esteem and physical ability of each child through equal participation and positive reinforcement.

SECTION III. ELIGIBILITY

- A. This league is open any female participants ages 9 & under. A participant cannot turn 10 before October 15 of the current year.
- B. Participants may play up one league of the one they are eligible for.
- C. In the event that a player signs up late or is called off of the wait list and wishes not to play with the team who has the next pick, that player will not be allowed to participate until next season.

SECTION IV. SCHEDULES AND FORFEITS

- A. Games will start at scheduled starting times. First games will have a 10-minute grace period.
- B. In case of a tie for first place in the league, the winner will be determined by head to head competition during the season.

SECTION V. PLAYING RULES

The rules unique to YMCA youth basketball are designed to recognize that Every Child is a Winner by promoting: character, self-esteem and safety of all players.

- A. All members of each team will be required to wear the same color jersey with different numbers.
- B. A substitution system should be designed to provide every player equal opportunity for improvement. Every child will play at least 50% of the game. THIS IS VERY IMPORTANT AND IS THE COACH'S RESPONSIBILITY.
- C. The 5-second lane violation rule will be applied.
- D. One jump ball to begin game. Alternating possessions will take place the rest of the game.
- E. No 3-point shots are allowed.
- F. There are no overtime periods in this age group.
- G. The goal will be set at 9 feet.
- H. Man-to-man defense will be played at all times. Zone defenses are not allowed. The defense is allowed to pick up players at hash marks (green line). A team cannot delay the game by standing beyond the hash marks. There will be no defensive changes or substitutions made until the four-minute substitution point unless injury or ejection occur (You must play who you are matched up with for the whole four minutes on both offense and defense) Zone defenses are not allowed.
- I. Defensive players must stay within arm's reach of the player that they are guarding. **Double-teaming is not allowed.** However, help defense is encouraged in the following instances:
- In the lane area** - If a defender is in the lane, and the player being guarded is within arm's reach, the defender is allowed to provide help. The intent is to teach a player already in the lane to play help defense.
 - Off picks and screens** - Defensive switching is allowed on offensive picks and screens. At the appropriate time, players should return to guarding their assigned player.
 - During fast breaks** - When an offensive player has beaten their defender, another defensive player may help. Upon stopping the fast break, defenders should return to guarding their assigned player.

- ment that is dribbling the ball under control; however, the defense
n.
pt for timeouts or injuries. The game clock will stop on all dead
f unless a team is leading by 20 or more points.
f more than 20 points. The score will continue to be kept accurately
in the scoreboard.
- M. Non-shooting fouls result in the ball being taken out on the side by the offended team. All shooting fouls result in free throws.
 - N. No score will be given for a basket in the wrong goal. It will be treated as a turnover.
 - O. Referees will call and explain all violations and the penalty will be a turnover. These explanations will vary according to the age group and understanding of the players and decrease as the season progresses.
 - P. When possible, referees will verbally advise players of potential violations before the violation occurs.
 - Q. 6 personal fouls will result in disqualification. The 7th team foul will result in one-and-one. There will be no double bonus.
 - R. Full court presses are not allowed. Defensive players cannot guard their opponents in the backcourt.
 - S. Offense must bring ball across half court within 10 seconds and pass the hash mark within 5 seconds. A 5 second count will begin each time the offense goes behind the green line to help keep the offense from stalling the game.
 - T. Each team will have 4 timeouts per game (2 per half).
 - U. All technical fouls ó sportsmanlike or unsportsmanlike ó will result in two foul shots and possession of the ball.
 - V. The head coach is the only coach allowed to stand and coach from the sidelines; the assistant coach must remain seated except during timeouts. If a head coach receives a technical foul he/she will be required to sit the rest of the game. At no time will a coach be allowed to cross the half-court line.

SECTION VI. LEAGUE RULES

- A. The head coach is the official representative of their team. They are responsible for the conduct of their players, assistant coaches, parents and spectators of their team. The Code of Conduct and Coaches Ethics Agreement should be followed.
- B. The head coach is responsible for informing their players of schedules, changes of schedules, game times and forfeits.
- C. The head coach is also responsible for maintaining communications between his team members/parents and the YMCA.

SECTION VII. SUSPENSIONS

- A. Any player or manager removed from a game must meet with the Sports Director before participating in future games and will be ineligible to participate in their team's next two games. The suspended player or manager must leave the facility before the game will continue. Refusing to leave will automatically forfeit the game.
- B. Any parent/spectator removed from a game due to the guidelines of the Code of Conduct and any other guidelines established by the Cleveland County Family YMCA must leave the facility before the game will continue. Parent/spectator refusing to leave it will automatically forfeit the game.
- C. Any player that has been suspended by the coach for disciplinary reasons (breaking YMCA or set team rules) is not required to play during the suspension period. All Suspensions or disciplinary actions taken, effecting playing time or participation must be given to the Sports Director, in writing, prior to the game(s) in question.

SECTION VIII. PLAYING TIME

- A. A team scheduled to play that fails to place at least 4 players on the floor at the scheduled starting time must forfeit the game. There will be a 10-minute grace period for the first game of the day.
- B. Games will consist of four 8-minute quarters with substitutions at the 4-minute mark of each quarter and a 5-minute halftime. Substitutions are at the coach's discretion.
- C. Each player must play at least 50% of the game; 8-minutes a half and also sit at least 4-minutes of each half provided that there are 6 or more players present. If only 6 players are present, each player must sit at least 4-minutes during the game.

YMCA Mission: Helping all people reach their God given potential in spirit, mind, and body.