

**D COUNTY FAMILY YMCA
COED INSTRUCTIONAL LEAGUE
YOUTH BASKETBALL RULES AND REGULATIONS**

SECTION I. NAME

A. This league shall be known as the Cleveland County Family YMCA 5 ó 6 year old Coed 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 Youth 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 to both male and female participants ages 5 - 6. A participant cannot turn 7 before October 15 of the current year.

B. Participants may play up one league of the one they are eligible for.

SECTION IV. SCHEDULES AND FORFEITS

A. Games will start at scheduled starting times. First games will have a 10-minute grace period.

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. There is no lane violation.
- D. No 3-point shots are allowed.
- E. The goal will be set at 8 feet.
- F. Man-to-man defense will be played at all times. Zone defenses are not allowed. Defensive players must stay within arm's reach of the player that they are guarding.
- G. Double-teaming is not allowed. However, help defense is encouraged in the following instances:
 - a. **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.
 - b. **Off picks and screens** ó Defensive switching is allowed on offensive picks and screens. At the appropriate time, players should return to guarding their assigned player.
- H. Players may only steal passes from the opponent. You cannot steal the ball from an opponent that is dribbling the ball under control.
- I. Fast breaks are not allowed. Coaches are encouraged to help with this rule.
- J. Score will be kept for each quarter and then cleared at the beginning of the next quarter.

violations and the penalty will be a turnover. These
the age group and understanding of the players and decrease

- L. When possible, referees will verbally advise players of potential violations before the violation occurs.
- M. There will be no foul shots. If a foul is committed, results will be an explanation from the official and the ball will be given back to the offense and taken out on the side.
- N. Games will consist of 4 (eight minute) quarters with substitutions at the 4-minute mark of each quarter and a 5-minute halftime. The game clock runs continuously.
- O. At the beginning of each 4-minute segment, both coaches are to line up players across from each other according to skill without giving verbal cues.
- P. Full court presses are not allowed. Defensive players cannot guard their opponents in the backcourt.
- Q. Each team will have 2 timeouts per half. Unused timeouts do not carry over.

SECTION VI. LEAGUE RULES

- A. Each game will begin with a prayer. A player, coach or staff will lead the prayer.
- B. 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.
- C. The head coach is responsible for informing their players of schedules, changes of schedules, game times and forfeits.
- D. 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 Athletic 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 Athletic 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.
- 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. Substitutions will be at the end of the quarter or the 4-minute mark of each quarter.

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