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YOUTH BASKETBALL LEAGUE HANDBOOK
ILLINOIS VALLEY YMCA

2022 SEASON



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Welcome to the 2022 Illinois Valley YMCA Youth Basketball Season!

Introduction

Thank you for choosing the YMCA Youth Basketball Program! This handbook is designed to give officials, coaches and participants the knowledge about the program rules/regulations, violations, and scoring. The framework for the YMCA Youth Basketball league rules is based around the YMCA Mission Statement and its core values. This concept includes the values of safety, honesty and respect for teammates, opponents, referees, coaches and parents. Referees and coaches should be active partners in enforcing these rules and regulations in order to prevent physical and emotional injuries. Also, it is everyone's responsibility to know and obey the rules of the game. Coaches must teach and review many of these rules during each practice and during game time. Officials will be on hand during game time to make sure that players, coaches and parents follow these rules to ensure safe play.

YMCA MISSION STATEMENT

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

YMCA CORE VALUES

Not only do volunteers & employees get the chance to become role models for members in character development, but we can use our programs as a vehicle to teach the core values. As an instructor, volunteer coach or an official of a YMCA program, it is important to include character development in our class or program curriculum.

- **CARING** to put others before yourself; to love others; to be sensitive to the well-being of others; to help others.
- **HONESTY** to tell the truth; to act in such a way that you are worthy of trust; to have integrity, making sure your actions match your values.
- **RESPECT** to treat others as you would have them treat you; to value the worth of every person, including yourself.
- **RESPONSIBILITY** to do what you should do; to be accountable for your behavior and obligations.

KINDERGARTEN – 1ST GRADE DIVISION

GENERAL RULES / PLAYING TIME

- Games will be divided into four 8 minute periods.
- Game clock will run continuously but will stop only for the following reasons:
 - During a time-out
 - Player injury
- A 1-minute substitution time will be allowed at the completion of each period.
- There will be a 3-minute halftime.
- Games will begin on the hour without exception.
- Rims will be set to a height of 8 feet.
- Each player shall receive an equal amount of playing time regardless of ability unless players arrive late, leave early, or are injured during the course of the game.
- Games are five on five, half court
- Junior size balls (27.5") for practice/games will be used
- If the player with the ball goes out of bounds, the defensive team gets the ball
- One coach may be permitted on the floor during a game and will need to position themselves to avoid any game interference.

JUMP BALL, INBOUNDING & BACK COURT RULES

- Jump ball will begin the game with alternating possession thereafter.
- Teams will have 10 seconds to inbound the ball and 10 seconds to move the ball across the center line. Failure to comply will result in loss of possession

OFFENSE

- If the player with the ball goes out of bounds, the defensive team gets the ball
- No fast breaks

DEFENSE

- Only man-to-man defense is allowed
 - Pressing of any type is not allowed
 - Trapping is not allowed
- Defensive players must retreat to inside of the offensive team's 3 point arc and allow the ball and the player with the ball to cross mid-court unimpeded. Man-to-man defense may be picked up as players cross this line.
- No double teaming is allowed
- Stealing is only permitted on a pass or uncontrolled dribble.
- No blocking of an offensive shot is allowed; players may raise hands straight up on defense, but swatting the ball or impeding a shot with bent arms is not allowed.
- Wristbands will be used to match players to players for guarding purposes
- The penalty for infraction of these rules will be to return the ball to the offensive team.

TIME-OUTS / SUBSTITUTIONS

- Each team is allowed 2 time-outs per half; time-outs will not carry over from half to half
- Time-outs will last 1 minute
- Team possession of the ball can only call a time-out
- The coach or the players on the court may call time-outs

Midway through each period, a 1-minute substitution time will be allowed

- To ensure equal playing time for all participants, substitutions are only permitted during substitution time-outs and at the end of the quarter
- Substitutions will not be permitted during normal team time-outs
- If a dead ball situation occurs, either team may call for a time-out

SCORING

- Score will not be kept in the K-1st grade division.
- Since score is not kept, there will be no overtime.

SPORTSMANSHIP

- A player will be ejected from the game/gym if he/she:
 - Consistently displays unsportsmanlike behavior
 - Unsportsmanlike conduct includes the following but is not limited to:
 - Arguing
 - Threatening
 - Fighting
 - Taunting of players, coaches, fans, or officials
 - Repeated questioning of an official's judgment calls
 - Any player, coach or spectator who is ejected from a game or facility will also be barred from the next week's game

MISCELLANEOUS

- No lane violations for this league.
- The only games that will be rescheduled will be result of inclement weather or a problem with the facility.
- There are no protests regarding official's calls.

Please Note: This is an instructional league. These rules have been modified to help all players develop proper fundamentals and to provide a positive introduction to the sport of basketball.

2ND-3RD GRADE DIVISION

GENERAL RULES / PLAYING TIME

- Games will be divided into four 10-minute periods.
- Game clock will run continuously but will stop only for the following reasons:
 - During a time-out (both team and substitutions)
 - Player injury
 - While free throws are being shot
 - Clock will resume once the ball hits the rim on the second shot
- A 1-minute substitution time will be allowed at the completion of each period.
- There will be a 3-minute halftime
- Games will begin on the hour without exception
- Rims will be set to a height of 9 feet
- Each player shall receive an equal amount of playing time regardless of ability unless players arrive late, leave early, or are injured during the course of the game.
- Games are five on five, half court
- Intermediate size balls (28.5") for practice/games will be used
- One coach may be permitted on the floor during a game and will need to position themselves to avoid any game interference.

JUMP BALL, INBOUNDING & BACK COURT RULES

- Jump ball will begin the game with alternating possession thereafter.
- Teams will have 10 seconds to inbound the ball and 10 seconds to move the ball across the center line. Failure to comply will result in loss of possession.

DEFENSE

- Only man-to-man defense is allowed
 - Pressing of any type is not allowed
 - Trapping is not allowed
- Defensive players must retreat to inside of the offensive team's 3 point arc and allow the ball and the player with the ball to cross mid-court unimpeded. Man to man defense may be picked up as players cross this line
- Stealing is only permitted on a pass or uncontrolled dribble
- No blocking of an offensive shot is allowed; players may raise hands straight up on defense, but swatting the ball or impeding a shot with bent arms is not allowed
- Wristbands will be used to match players to players for guarding purposes
- The penalty for infraction of these rules will be to return the ball to the offensive team

OFFENSE

- If the player with the ball goes out of bounds, the defensive team gets the ball
- No fast breaks

TIME-OUTS / SUBSTITUTIONS

- Each team is allowed 2 time-outs per half; time-outs will not carry over from half to half
- Time-outs will last 1 minute
- Team possession of the ball can only call a time-out
- The coach or the players on the court may call time-outs

- Midway through each period, a 1-minute substitution time will be allowed
 - To ensure equal playing time for all participants, substitutions are only permitted during substitution time-outs and at the end of the quarter
 - Substitutions will not be permitted during normal team time-outs
- If a dead ball situation occurs, either team may call a time-out

SCORING

- Score will not be kept in the 2nd – 3rd grade division.
- Since score is not kept there will be no overtime.

FOULS / FREE THROWS

- Free throws will be made from the 12 foot line
- Players will receive two free throws for the following:
 - A player is fouled in the act of shooting
 - Intentional foul is committed
 - Flagrant intentional foul is committed (fouling player ejected).
 - Technical foul is called
 - 2 shots, unless shot attempt during foul was made, then 1 shot.
 - No bonus will be given
- When a player is shooting his/her second free throw, all other players must wait for the ball to hit the rim before moving

FIVE FOULS

- After a player has committed 5 fouls, he/she must leave the game and not return.
- **Exception:** The only exception is if a team is left with only 3 remaining players.
 - In this situation, the fouled-out player may return and continue with 5 fouls and does not commit any further fouls throughout the rest of the game. If this should happen, the opposing team will receive 2 technical free throws and possession of the ball out of bounds.

THREE SECOND RULE

- Players have 3 seconds to move the ball in and out of the free throw lane

SPORTSMANSHIP

- A player will be ejected from the game/gym if he/she:
 - Consistently displays unsportsmanlike behavior
 - Unsportsmanlike conduct includes the following but is not limited to:
 - Arguing
 - Threatening
 - Fighting
 - Taunting of players, coaches, fans, or officials
 - Repeated questioning of an official's judgment calls
 - Any player, coach or spectator who is ejected from a game or facility will also be barred from the next week's game

MISCELLANEOUS

- No lane violations for this league
- The only games that will be rescheduled will be result of inclement weather or a problem with the facility.
- There are no protests regarding official's calls
- A team may start and end the game with a minimum of 4 players

Please Note: This is an instructional league. These rules have been modified to help all players develop proper fundamentals and to provide a positive introduction to the sport of basketball.

4TH – 5TH GRADE DIVISION

GENERAL RULES/PLAYING TIME

- Games will be divided into four 10-minute periods.
- Game clock will run continuously but will stop only for the following reasons:
 - During a time-out (both team and substitutions)
 - Player injury
 - While free throws are being shot
 - Clock will resume once the ball hits the rim on the second shot
- A 1-minute substitution time will be allowed at the completion of each period.
- There will be a 3-minute halftime.
- Games will begin on the hour without exception.
- Rims will be set to a height of 10 feet.
- Each player shall receive an equal amount of playing time regardless of ability unless players arrive late, leave early, or are injured during the course of the game.
- Games are five on five, half court.
- Regulation size balls (29.5") for practice/games will be used.
- All coaches must remain in the bench area.

JUMP BALL, INBOUNDING & BACK COURT RULES

- Jump ball will begin the game with alternating possession thereafter.
- Teams will have 10 seconds to inbound the ball and 10 seconds to move the ball across the center line. Failure to comply will result in loss of possession.

OFFENSE

- If the player with the ball goes out of bounds, the defensive team gets the ball.
- No fast breaks

DEFENSE

- Full court press is allowed.
- Trapping is not allowed.
- Ball may be stolen at any time in this division.
- Both man-to-man and zone defenses are permitted in this division.
- No blocking of an offensive shot is allowed; players may raise hands straight up on defense, but swatting the ball or impeding a shot with bent arms is not allowed.
- Wristbands will be used to match players to players for guarding purposes.
- The penalty for infraction of these rules will be to return the ball to the offensive team.
- When a team is ahead by 10 points, defense must pick-up at half court.

TIME-OUTS / SUBSTITUTIONS

- Each team is allowed 2 time-outs per half; time-outs will not carry over from half to half.
- Time-outs will last 1 minute.
- Team possession of the ball can only call a time-out.
- The coach or the players on the court may call time-outs.

- Midway through each period, a 60-second substitution time will be allowed.
 - To ensure equal playing time for all participants, substitutions are only permitted during substitution time-outs and at the end of the quarter.
 - Substitutions will not be permitted during normal team time-outs.

SCORING

- Score will be kept in the 4th-5th grade division.
- If the score is tied at the end of the 4th quarter, there will be a 5 minute overtime period.
- When a team is ahead by 15 points, the team that is ahead will not have points added to the score on the scoreboard.
- When a team is ahead by 15 points at the end of the first half (2nd quarter) the score for both teams will reset to zero at the start of the second half (3rd quarter).

FOULS / FREE THROWS

- Free throws will be made from the 15 foot line
- Players will receive two free throws for the following:
 - A player is fouled in the act of shooting
 - Flagrant, intentional or technical foul is committed
 - Anyone committing a flagrant foul will be ejected from game.
 - 2 shots, unless shot attempt during foul was made, then 1 shot.
 - No bonus will be given
- When a player is shooting his/her second free throw, all other players must wait for the ball to hit the rim before moving

FIVE FOULS

- After a player has committed 5 fouls, he/she must leave the game and not return.
- **Exception:** The only exception is if a team is left with only 3 remaining players.
 - In this situation, the fouled-out player may return and continue with 5 fouls and does not commit any further fouls throughout the rest of the game. If this should happen, the opposing team will receive 2 technical free throws and possession of the ball out of bounds.

THREE SECOND RULE

- Players have 3 seconds to move the ball in and out of the free throw lane.

SPORTSMANSHIP

- A player will be ejected from the game/gym if he/she:
 - Consistently displays unsportsmanlike behavior
 - Unsportsmanlike conduct includes the following but is not limited to:
 - Arguing
 - Threatening
 - Fighting
 - Taunting of players, coaches, fans, or officials
 - Repeated questioning of an official's judgment calls
 - Any player, coach or spectator who is ejected from a game or facility will also be barred from the next week's game

MISCELLANEOUS

- No lane violations for this league.
- The only games that will be rescheduled will be result of inclement weather or a problem with the facility.
- There are no protests regarding official's calls.
- A team may start and end the game with a minimum of 4 players.

Please Note: This is an instructional league. These rules have been modified to help all players develop proper fundamentals and to provide a positive introduction to the sport of basketball.

Youth Basketball League Glossary

Back Court	Area of the court farthest from the offensive team's goal
Baselines	The boundary lines extending across both ends of the court behind the baskets
Blocked Shot	A shot deflected on its way to the basket
Blocking	Using the body to block an opponent
Dead Ball	A ball that is not in play
Defense	The team not in possession of the ball
Double Dribble	the illegal act of dribbling, stopping, then dribbling again
Double Team	Two teammates move in to guard one offensive player
Five Second Violation	Taking longer than five seconds to pass the ball inbounds to a teammate
Flagrant Foul	Excessive or aggressive contact with an opponent
Foul	An illegal play other than a floor violation
Foul Line	The line 12 feet (2 nd - 3 rd division) and 15 feet (4 th - 5 th) in front of the backboard paralleling the end-line from which free-throws are shot
Free Throw	A free shot taken from the foul line awarded a player whose opponent committed a foul
Free Throw Lane	Area designated for free throws 12 feet wide and running from the baseline to the free throw line
Foul Trouble	A player is awarded too many fouls in one game
Full Court Press	Opponents are guarded over the full range of the court
Guard	To closely watch an opponent with intent to keep the player from gaining possession of the ball or from making a pass or shot
Inbound Pass	A toss of the ball inbounds from out-of-bounds
Jump Ball	A ball tossed into the air by the referee between two opposing players in order to start the game
Man-to-Man Defense	One-on-one guarding of opponents
Mid-Court Line	The center line dividing the front from the back courts
Offense	The team in possession of the ball
Overtime	Extra time given in the event of a tie at the end of regulation play

Period	A segment of game time; either quarter, half or overtime
Personal Foul	Contacting a player in a way that may injure him/her
Press	Defense strategy with intent to force opponents in to erring by guarding them too closely
Rebound	Gaining possession of the ball after it bounces off the backboard or rim on a missed shot
Sidelines	The boundary lines that run the length of the court on either side
Substitute	A player comes in to replace a teammate on the court
Team Fouls	The number of fouls that a team has against it before going over the limit and its opponents are awarded a free throw
Technical Foul	A foul called as a result of misconduct in which the opponent is awarded a free throw
Ten-Second Violation	The offensive team has 10 seconds to advance the ball from the back court area over the mid-court line
Three-Second Violation	An offensive player is in the free-throw lane longer than three seconds
Traveling	A violation in which the ball handler takes fewer than two steps without dribbling or holds the ball while changing or moving the pivot foot
Turnover	The offensive team gives the ball up to the defense
Zone Defense	A defender carefully guards an area