



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2023 YOUTH BASKETBALL LEAGUE HANDBOOK



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INTRODUCTION

Thank you for choosing the YMCA Youth Basketball League! This handbook is designed to give officials, coaches and participants knowledge about the program rules/regulations, violations and scoring. The framework for the YMCA Youth Basketball League is based around the YMCA Mission Statement and core values including safety, caring, honesty respect and responsibility for teammates, opponents, officials, coaches and parents. Officials 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 and employees get the chance to become role models for members in character development, but we can use our programs as a vehicle to teach 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 you 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

SPORTSMANSHIP

A player, coach or parent will be ejected from the game or gym for the following:

- Consistent displays of unsportsmanlike behavior, including but not limited to:
 - Arguing
 - Threatening
 - Fighting
 - Taunting of players, coaches, parents, or officials
- Any player, coach or parent ejected from a game or the gym will also be barred from the next week's game.

NOTES

- This is an instructional league. Divisional rules have been modified to help all players develop proper fundamentals and to provide a positive and safe introduction to the sport of basketball.
- All games will start on the hour without exception. Please be on time.
- Games will only be rescheduled due to inclement weather or facility problems.

KINDERGARTEN – 1ST GRADE DIVISION RULES

GENERAL RULES

- Scoring will not be kept in the Kindergarten-1st Grade division, thus there will be no overtime.
- The game will be divided into four, 8-minute periods.
- 1-minute breaks will take place after the 1st and 3rd periods, and there will be a 3-minute halftime break.
- The game clock will run continuously, except for substitution time-outs or in the case of injury.
- Rims will be set to a height of eight feet, and games will be played on the small courts.
- Each player shall receive equal playing time regardless of ability (or as close as roster sizes allow), with the exception of late arrivals, early departures, or injured players.
- All games will be five-on-five, unless one team has only 4 players, in which case four-on-four will be played. There must be a minimum of four players to begin play.
- A junior sized ball (27.5") will be used for practices and games.
- One coach may be on the court for teaching purposes, and must avoid game interference.
- Games will begin with rock, paper, scissor for first possession, and will alternate possession after.
- There are no lane violation calls in this league.
- There are no protests of official's calls in this league.

OFFENSIVE RULES

- If a player goes out of bounds, the defensive team will get the ball.
- There are no fast breaks.
- Offensive inbounds after a made shot should pause to allow the defending team a chance to get set on the other half of the court.
- Inbounding teams will have 10 seconds to inbound the ball and 10 seconds to move the ball down court and across mid-court line.

DEFENSIVE RULES

- Only man-to-man defense is allowed. Wristbands will be used to match players for guarding purposes.
- Pressing and trapping of any type are not allowed.
- Defensive players must retreat to mid-court to allow the opposing player to bring the ball across mid-court. Man-to-man defense may be picked up at mid-court.
- No double teaming is allowed.
- Stealing is only allowed on a pass or uncontrolled dribble.
- No blocking of an offensive shot is allowed. Defensive players may raise hands straight up, but swatting the ball or impeding a shot with bent arms is not allowed.
- Infractions of these rules will result in a turnover to the opposing team.

TIME-OUTS/SUBSTITUTIONS

- Each team is allowed 2, 1-minute time-outs per half. Time-outs will not carry over.
- Time-outs may be called by the team with possession, or following a dead ball situation. Coaches or players may call time-outs.
- Substitutions are only permitted during substitution time-outs or at period/halftime breaks, not during normal time-outs.
- Midway through each period, a 1-minute substitution time-out will be allowed. This will help to ensure equal playing time for all participants.

Rules are subject to change.

2ND – 3RD GRADE DIVISION RULES

GENERAL RULES

- Scoring will not be kept in the 2nd – 3rd Grade division, thus there will be no overtime.
- The game will be divided into four, 10-minute periods.
- 1-minute breaks will take place after the 1st and 3rd periods, and there will be a 3-minute halftime break.
- The game clock will run continuously, except for free throws, time-outs or in the case of injury.
- Rims will be set to a height of nine feet, and games will be played on the small courts.
- Each player shall receive equal playing time regardless of ability (or as close as roster sizes allow), with the exception of late arrivals, early departures, or injured players.
- All games will be five-on-five, unless one team has only 4 players, in which case four-on-four will be played. There must be a minimum of four players to begin play.
- An intermediate size ball (28.5") will be used for practices and games.
- One coach may be on the court for teaching purposes, and must avoid game interference.
- Games will begin with a jump ball for first possession, and will alternate possession after.
- There are no lane violation calls in this league.
- There are no protests of official's calls in this league.

OFFENSIVE RULES

- If a player goes out of bounds, the defensive team will get the ball.
- There are no fast breaks.
- Offensive inbounds after a made shot should pause to allow the defending team a chance to get set on the other half of the court when applicable.
- Inbounding teams will have 10 seconds to inbound the ball and 10 seconds to move the ball down court and across mid-court line.

DEFENSIVE RULES

- Only man-to-man defense is allowed. Wristbands will be used to match players for guarding purposes.
- Pressing and trapping of any type are not allowed.
- Defensive players must retreat to mid-court to allow the opposing player to bring the ball across mid-court. Man-to-man defense may be picked up at mid-court.
- Stealing is only allowed on a pass or uncontrolled dribble.
- No blocking of an offensive shot is allowed. Defensive players may raise hands straight up, but swatting the ball or impeding a shot with bent arms is not allowed.
- Infractions of these rules will result in a turnover to the opposing team.

TIME-OUTS/SUBSTITUTIONS

- Each team is allowed 2, 1-minute time-outs per half. Time-outs will not carry over.
- Time-outs may be called by the team with possession, or following a dead ball situation. Coaches or players may call time-outs.
- Substitutions are only permitted during substitution time-outs or at period/halftime breaks, not during normal time-outs.
- Midway through each period, a 1-minute substitution time-out will be allowed. This will help to ensure equal playing time for all participants.

FOULS/FREE THROWS

- Two free throws will take place from the 12 foot line as a result of the following:
 - A player is fouled in the act of shooting
 - An intentional foul is committed
 - A flagrant intentional foul is committed (includes the fouling player being ejected)
 - A technical foul is called

- No bonus free throws will be given
- If the shot attempt during a foul was made, there will be only one free throw.
- When a player is shooting a second free throw, all other players must wait for the ball to hit the rim/backboard before moving, which will also start the game clock again.
- Fouls will be called, but not recorded.

Rules are subject to change.

4TH – 5TH GRADE DIVISION RULES

GENERAL RULES

- The game will be divided into four, 10-minute periods.
- Scoring will be kept in the 4th and 5th Grade division.
 - If the score is tied at the end of the game, there will be a 5-minute overtime period.
- When a team is up by 15+ points, scores for the winning team will not be updated on the scoreboard.
 - If a team is up by 15+ at half, the scores on the scoreboard will reset to zero after half.
- 1-minute breaks will take place after the 1st and 3rd periods, and there will be a 3-minute halftime break.
- The game clock will run continuously, except for free throws, time-outs or in the case of injury.
- Rims will be set to a height of ten feet, and games will be played on a full court.
- Each player shall receive equal playing time regardless of ability (or as close as roster sizes allow), with the exception of late arrivals, early departures, or injured players.
- All games will be five-on-five, unless one team has only 4 players, in which case four-on-four will be played. There must be a minimum of four players to begin play.
- A regulation size ball (29.5") will be used for practices and games.
- All coaches must remain in the bench area.
- Games will begin with a jump ball for first possession, and will alternate possession after.
- There are no lane violation calls in this league.
- There are no protests of official's calls in this league.

OFFENSIVE RULES

- If a player goes out of bounds, the defensive team will get the ball.
- There are no fast breaks.
- Inbounding teams will have 10 seconds to inbound the ball and 10 seconds to move the ball down court and across mid-court line.

DEFENSIVE RULES

- Full court press is allowed, but trapping is not allowed.
- Man-to-man defense is still preferred, but zone can be taught. Wristbands will be used to match players for guarding purposes.
- Ball may be stolen at any time in this division.
- No blocking of an offensive shot is allowed. Defensive players may raise hands straight up, but swatting the ball or impeding a shot with bent arms is not allowed.
- Infractions of these rules will result in a turnover to the opposing team.
- When a team is up by 10 points, defense must pick up at half court.

TIME-OUTS/SUBSTITUTIONS

- Each team is allowed 2, 1-minute time-outs per half. Time-outs will not carry over.
- Time-outs may be called by the team with possession, or following a dead ball situation. Coaches or players may call time-outs.
- Substitutions are only permitted during substitution time-outs or at period/halftime breaks, not during normal time-outs.

- Midway through each period, a 1-minute substitution time-out will be allowed. This will help to ensure equal playing time for all participants.

FOULS/FREE THROWS

- Two free throws will take place from the 15 foot line as a result of the following:
 - A player is fouled in the act of shooting
 - An intentional foul is committed
 - A flagrant intentional foul is committed (includes the fouling player being ejected)
 - A technical foul is called
 - No bonus free throws will be given
- If the shot attempt during a foul was made, there will be only one free throw.
- When a player is shooting a second free throw, all other players must wait for the ball to hit the rim/backboard before moving, which will also start the game clock again.
- A player who receives five fouls will be removed from the game.
 - Exception: the only exception for this is if the team of the removed player would be left with only three able players. In this situation, the fouled-out player may return and continue with five fouls and does not commit and further fouls throughout the rest of the game. If this should happen, the opposing team will receive two technical free throws and possession of the ball out of bounds.

Rules are subject to change.

YOUTH BASKETBALL LEAGUE GLOSSARY

Back Court	Area of the court farthest from the offensive team's goal.
Baseline	The boundary lines extending across both ends of the court under the nets.
Blocked Shot	A shot deflected on its way to the basket.
Blocking	One using their body to block their 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, and then dribbling again.
Double Team	Two defensive teammates moving to guard one offensive player.
Flagrant Foul	Excessive or aggressive contact with an opponent.
Foul	An illegal play other than a floor violation, usually involving contact.
Foul Line	the line 12 or 15 feet in front of each backboard from which free throws happen.
Free Throw	A free shot(s) taken by a player with their opponent commits a foul.
Free Throw Lane	Area designated for free throws from the baseline to the free throw line.
Foul Trouble	A player who is awarded too many fouls in a game.
Full Court Press Guard	Opponents are guarded over the full court. Closely watching an opponent to prevent them from passing, shooting or gaining possession of the ball.
Inbound Pass	A toss of the ball inbounds from out-of-bounds.
Jump Ball	The ball tossed into the air by the official to start the game.
Man-to-Man Defense	The one-on-one guarding of opponents.
Mid-Court Line	The center line dividing the front and back courts.
Offense	The team in possession of the ball.
Overtime	Extra time following regulation play to break a tie.
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