

# 1<sup>ST</sup> GRADE RULES



**Cleveland Family YMCA  
Youth Basketball Association League Rules  
October 10, 2016**

These are the Cleveland Family Youth Basketball Rules. The Cleveland Family YMCA reserves the right to revise, amend, or remove any of the following rules at any time if necessary for harmony of the league. There will be no protest on these rules, on games or scrimmages played within the Cleveland Family YMCA Sports Program.

**Accident and health insurance will not be carried for the basketball players of the Cleveland Family or Chattanooga Metropolitan YMCA.**

## **YMCA Philosophy**

The philosophy of the Cleveland Family YMCA Youth Basketball Program is to provide an opportunity for every player to learn basic skills of the game, have a wholesome educational experience, and build healthy relationships with coaches and fellow players. Participation is a key part of our program and it is our choice to adopt a philosophy that does not include winning at all costs.

### **I. Coach's Rules**

- A. **Coach's Meeting:** All head coaches are required to attend the preseason Coach's Meeting prior to holding the team's first practice. Head coaches are responsible for communicating any information from the meeting to their coaching staff.
- B. **Criminal Background Checks:** All head and assistant coaches will complete a criminal background check that will be kept on file at the Metropolitan YMCA and at the coach's YMCA home branch.
- C. **Player Injury Responsibility:** Coaches are required to notify the YMCA Sports Coordinator of all injuries.
- D. **Game Involvement:** One coach per team may be allowed on the court to help players as long as they do not interrupt the flow of the game. Coaches need to stay on the sides of the court out of play. Only the head coach may be standing, assistant must stay on the bench. If there is a technical given to the team, the coach must sit down from that point on.

### **II. Game Rules- Using NFHS (National Federation of State High School Associations)**

- A. **Jump Ball:** There is NO jump ball. Game starts with the referee picking one team to start with the ball.
- B. **Game Length:** Games will consist of four 5 minute periods. The game clock will run continuously. It will only stop for timeouts. The clock will run continuously throughout the entire game.

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- C. Timeouts: Only 2 timeouts per half and they do not carry over from one half to the next. Teams that attempt to call a timeout while they have no remaining timeouts will be assessed an indirect technical foul. Timeouts may be called by players or coaches, but may only be called while your team has possession of the ball or during a dead ball situation.
- D. Ball Size: They will use a Junior Ball (27.5)
- E. Foul Shots: They will not shoot free throws.
- F. Goal Height: They will shoot on eight foot goals.
- G. Personal Fouls: There will not be a foul limit
- H. Lane Violations: There will be no lane violations.
- I. Backcourt Violations: There will be no backcourt penalty.
- J. Defense: Man to man defense is mandatory. Different colored wristbands will be used to help players learn man to man defense in these leagues. Players are not allowed to double team unless the offensive player with the ball steps into the lane.
- K. Full court Press: They may not press at any time.
- L. Traveling/Double Dribbling: In an effort to teach fundamentals to our younger players, traveling WILL be called. For the purpose of this age group, players must attempt to dribble to avoid being called for traveling. This call will be at the referee's discretion. Double dribbling violations will be given a warning. If it continues after the warning a violation will be called and possession will change.
- M. Technical Fouls: Since this division does not shoot free throws, fouls will result in a turnover only
- N. Scoring: Score will not be kept.

## III. SUBSTITUTION RULES

- A. All players must play two full periods in each game. Coaches must fill out a player roster prior to the start of each game that designates each player a full period in each half. Players can only leave their designated period due to injury. Positions not designated may be freely substituted. When a coach wishes to sub a player, the player must first check in at the scorer's table.
- B. If a team has less than 10 players, the unfilled roster slot in the 2<sup>nd</sup> and 4<sup>th</sup> periods may be filled by any player on the team. This player may not be the same player both periods (**one player may not play the entirety of the game to fill the extra spot**). **You are encouraged to substitute multiple players for the open roster spot during those periods in an effort to get everyone more playing time.**

## IV. CONDUCT

- A. **Team Sportsmanship:** There will be a pre-game huddle before the start of each game including the YMCA game officials, team coaches, and all players present who will participate in the game. In the pre-game huddle, players will be checked for jewelry and other potential safety threats. Games will begin with a prayer and any

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other special instructions for that particular game will be given.

**UNSPORTSMANSLIKE OVERLY AGGRESSIVE FOULS WILL RESULT IN EJECTION FROM THE GAME.**

All players and coaches will participate in sportsmanship line at the end of each game. Coaches are responsible for communicating the importance of sportsmanship and participation in this time to his/her players. Any coach or player who does not participate in the sportsmanship line will be given a one game suspension.

- B. **Coaches:** Coaches may only discuss a call with an official during a timeout and only then for the purpose of rule clarification. All decisions made by the officials and YMCA Site Representatives will be final. Any coach who continually argues with officials and displays bad character and/or sportsmanship will be dismissed from their coaching duties.
- C. **Verbal Abuse:** Verbal abuse directed by anyone to anyone will not be tolerated. Verbal abuse will result in a direct technical foul.
- D. **ANY DISREGARD FOR THE RULES AND/OR THE STAFF WILL RESULT IN TECHNICAL FOULS AND POSSIBLE EJECTION FROM THE GAME. (This includes parents as well)**