



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WINTER BASKETBALL RULES

5-7 Year Old Boys and Girls

All Basketball rules and violations will be governed by National Federation of State High School Associations rules. The following exceptions apply:

Ball Size

27.0" (Regulation)

Goal Height

This division will shoot on an 8 foot goal.

Equal Participation

All players must have equal playing time throughout the course of a season. Coaches must make a strong effort to rotate players through a variety of positions.

Time

There will be four 8-minute quarters and the clock will run. Teams will have one minute between quarters and a three-minute half time.

Possession/Start of game

Home team will receive the ball first and possession will alternate after each quarter.

Substitutions

Substitutions are only allowed between quarters. All players must play a difference of one quarter. Exception: If a player is injured, the coach may come onto the floor to attend to the player after the referee has stopped play. The player is not required to be taken out of the game nor will the team be charged with a time out. If the player must be taken out of the game a substitute player may take his or her place. The period will count as a period for the player that plays the majority of the quarter. EXCEPTION: If a player arrives after the start of the game but before the start of the 3rd quarter he or she is required to play at least one (1) quarter during the remainder of the game but is not restricted from playing additional time. If a player arrives after the start of the 3rd quarter he or she is not required to play at all, but is not restricted from playing.

Defense/Offense

Defense must be played within the designated defensive area only. The defense cannot come out of that area to intercept a pass, guard an offensive player, or attempt a steal. Coaches should try to teach kids to defend with their hands out or up, and not to swipe at the ball, as this leads to fouls/injuries at this age.

Time Outs

Each team will receive 4 full (one minute) time outs.

Fouls

Each player starting the quarter for each team will shoot 2 free throws before the quarter begins. These can be shot from a closer range if necessary. During play, fouls will not be called or recorded. However, the

official will blow the whistle and stop play for violations or fouls in order to instruct the kids how to properly play the game. Possession of the ball will be awarded at the discretion of the referee in a fair manner.

Score

Score will not be kept at this age.

Coaching

The coaches are in charge of their teams and are responsible for the management of their players and parents. They are essential in providing the positive leadership and instructions enabling each participant the opportunity to develop his/her basketball skills, a positive self-esteem, and good sportsmanship. Good coaching and leadership are the basis for the YMCA leagues. Our coaches will be encouraged to blend the competitiveness and the thrill of basketball with the spirit and purpose of the YMCA.

The head coach is responsible for his/her own conduct and behavior, as well all team members and other bench personnel. Bench personnel, including head coach shall not:

- Disrespectfully address an official
- Attempt to influence an official's decision
- Using profane or inappropriate language or obscene gestures.
- Disrespectfully address, baiting or taunting an opponent.
- Objecting to an official's decision by rising from the bench or using gestures.
- Inciting undesirable crowd reactions.
- Being charged with fighting.

Parents & Fans

Everyone at practices and games are encouraged to cheer, hoop, holler, encourage, support and have FUN. Fans are expected to be courteous and set good example for the players. If players, fans and coaches display bad sportsmanship, the game will be stopped by the referee or league coordinator for a calming down period. Please keep in mid we are playing "Y" ball, not NBA ball.

Sportsmanship is expected and intolerable behavior will not be permitted.

All leagues are managed as YMCA programs with YMCA values, philosophy, and expectations.

The league is a recreational league to teach basketball skills and build strong character in our players!

You are a role model at all times-on and off the court.

YMCA Sportsmanship Rating System

In the spirit of the YMCA, sportsmanlike behavior is expected of everyone involved. Therefore, all teams (which include all players, coaches, and parents) will adhere to the sportsmanship rating system. After each game, the referee(s) and YMCA staff will give each team a sportsmanship rating (on a scale of 1 to 5) based on the following criteria:

"5"- Excellent behavior displayed by the team, coaches, and parents. Players accepted all calls and congratulated the opposing team. No evidence of foul language or unsportsmanlike behavior.

"4"- Good behavior displayed by the team. Less than 2 incidences of questioning calls, arguing with, or disrespecting referees by the players, coaches and parents. No evidence of foul language.

"3"- Moderate behavior displayed by the team. No evidence of foul language. No more than one unsportsmanlike for the team. A team committing an unsportsmanlike incident may not receive a rating higher than a 3. 2 or 3 incidences of questioning calls, arguing with, or disrespecting referees by the players, coaches and parents.

"2"- Poor sportsmanship displayed by the team. Coach had minimal control of players and parents . 4 or 5 incidences of arguing with, questioning, or disrespecting referees by the players, coaches and parents . Multiple unsportsmanlike incidents. Evidence of foul language.

"1"- Unacceptable behavior displayed by the team. Team displayed no respect for the referees. Multiple unsportsmanlike incidences. Coach had no control of players or parents. 6 or more incidents of arguing with, questioning, or disrespecting referees by the players, coaches and parents. A team with an ejected player, parent, or coach may not receive a rating higher than a 1. Forfeiting teams automatically receive a 1.