



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

1st Grade Competitive YMCA Youth Basketball Rules

The framework for the YMCA Basketball rules is the concept of fair play. This includes honesty and respect (for teammates, opponents, referees, coaches, parents, and self). This concept applies to everyone involved in the program.

Playing Time

- Games will be divided into Seven 5-minute periods. A 30-second substitution time will ONLY be allowed between each period. There will be no overtime period
- Games will begin on the hour or half hour without exception.
- Games are five on five, half court.

General Rules

- Junior Ball (27.5), Rim height is 8 feet
- There will be one jump ball to start the game, after which the alternating possession rule will apply during a tie up of the ball
- Teams have 10 seconds to move the ball across the centerline. Team has 10 seconds to inbound the ball. Failure to inbound in 10 seconds results in loss of possession
- There will be no free throws. All fouls will result in throw-in under the basket
- Colored Wristbands will be allowed
- Score will NOT be kept

Defense

- Offensive players must be completely past the half court line before defense players can pick up (both feet and the ball must fully cross)
- Teams must play man-to-man defense (no zone defense). Defense begins at the half court. Defending team must fall back behind this line to allow the other team to move the ball up the court. Man-to-man defense may be picked up at the 3 point line to allow players to get the ball in play.
- No pressing allowed. No double teams or trapping
- **No Stealing. It is only permitted on an uncontrollable pass or uncontrollable 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.**

This is a developmental league. These rules are in place to encourage the offensive player to learn how to pass, dribble or shoot with correct form without the pressure of having the ball stolen.

Sportsmanship

- A player, coach, assistants, or spectators will be ejected from the game/gym if he/she consistently displays unsportsmanlike behavior
- Any player, coach or spectator who is ejected from a game/facility will also be barred from the facility for the following week's game. Sports Coordinator's decisions are not arbitrary and are final.
- Unsportsmanlike Conduct includes, but is not limited to, arguing, threatening, fighting, taunting of players, coaches, fans, or officials, and repeated questioning of an official's judgment calls. Please refer to the Zero Tolerance Policy issued in each parent and coach handbook regarding expected behavior of players, parents, and coaches.

****Officials may require teams to adjust play, at their discretion, to ensure better competition and ensure YBL goals and initiatives are met each game***