



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

## 2nd Grade Recreational 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 eight 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 without exception.
- 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.

### General Rules

- 27.5 Ball , 9 Foot Rim
- 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
- All players must wear a YMCA Basketball Jersey for games
- Colored Wristbands will be allowed and encouraged for 2nd graders.
- Coaches are NOT allowed on the court. Failure to follow this rule could result in loss of standing from the bench (i.e. loss of coaching box)
- Each game MUST have a volunteer scorekeeper

### Time/Score Keeping

- Grade 2 keeps score. If the score reaches 15 points or more ahead of the opposing team at the end of each quarter, the score will go back to zero to begin the next quarter of play.
- Each team will be allowed two 30 second time-outs per game. Substitutions are NOT permitted during timeouts, only during the end of a quarter. Teams must guarantee equal playing time for all participants
- The clock will stop:
  - During a time out
  - If an injury occurs
- Each team must provide a volunteer to help run the clock or keep score during the game

## Defense

- Teams must play man-to-man defense
- No double teaming, full court press, or trapping. Players can switch on screens
- Offensive players must be completely past the half court line before defense players can defend (both feet and the ball must cross)
- **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.**
- Once the defensive team has gained "clear possession" of the ball, the offensive team must fall back behind the centerline
- Once the defensive team has gained possession of the ball in the back court, they have 10 seconds to advance the ball across the mid-court line

**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.**

## Free Throws

- There will be no free throws. All fouls will result in throw-in under the basket for the team that was fouled.

### **Five Second Rule:**

- Players have 10 seconds to inbound the ball
- Players have 5 seconds to move the ball in and out of the free throw lane

### **Foul Rule**

- Excessive fouling will result in a first warning to the coach. Additional fouling may result in ejection from game at the discretion of the official or YMCA site supervisor

## 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 or 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***