



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

3rd 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

- 28.5 Boys, 27.5 Girls size basketball will be used, 12-foot Free Throw Line (White Line), 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
- 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 team MUST supply a time keeper and score keeper for their game

Time/Score Keeping

- Grade 3 keeps score.
- 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 any injury occurs
- Each team must provide a volunteer to help run the clock and keep score during the game. A volunteer is needed to track fouls.

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 pick up (both feet and the ball must cross)
- **No Stealing. It is only permitted on an uncontrollable pass or uncontrollable dribble.**
- 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 and confidence.

Free Throws

Free Throws are shot when:

- A player is fouled in the act of shooting*
 - Intentional foul is committed
 - Flagrant intentional foul is committed (fouling player ejected)
 - Technical foul is called
- *2 shots, unless a shot attempt during foul was made, then 1 shot. No bonus**
****Players must wait for the ball to hit the rim to move.**

Five Foul Rule

- After a player has committed 5 fouls, he/she must leave the game and not return. The only exception is if a team is left with only 4 remaining players. In this situation, the fouled-out player may return and continue with 5 fouls, but if any further fouls are committed by said player, the opposing team will receive 2 technical free throws and possession of the ball out of bounds

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***