



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Junior High 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 two 20-minute halves. There will be 2 minutes of overtime permitted if the second half ends in a tie. If another tie occurs, the game ends in a tie.
- Games will begin on the hour without exception.
- Games are five on five, full court

General Rules

- 29.5 Ball for boys 28.5 ball for girls, 15-foot Free Throw Line, 10 Foot Rims
- The backcourt violation will be enforced
- 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
- All players must wear a YMCA Basketball Jersey for games
- Players have 5 seconds to inbound the ball
- Players have 10 seconds to get the ball across half court
- Players have 3 seconds to move the ball in and out of the free throw lane
- Offensive players must be completely past the half court line before defense players can pick up (both feet and the ball must fully cross)
- Free Throw Lane Violations will be enforced at the discretion of the officials
- All other rules will follow IESA guidelines/rules
- **Bonus:**
 - 1 & 1 bonus will be shot on the 7th team foul of each half
 - Double Bonus (2 shots) will be shot on the 10th team foul of each half

Time/Score Keeping

- JH keep score
- Each team will be allowed two 30 second time-outs per half.
- Substitutions are permitted during IESA permitted substitution times (i.e. dead ball, free throw, referee discretion)
- Teams must guarantee equal playing time for all participants
- If a team is winning by 20 or greater at half, the score will be reset
- The clock will stop:
 - During a time-out
 - If any injury occurs

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)
- 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 backcourt, they have 10 seconds to advance the ball across the mid-court line
- Teams must play man-to-man defense but double teaming/trapping is allowed

- Double Teaming (trapping) is allowed once the player “fully crosses” half court
- Press will be allowed in the last 10 minutes of the first half and the last 10 minutes of the second half, as long as the team pressing does not lead by 15 points.

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

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.

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***