



Greater Austin YMCA

Basketball Rules

This rule book outlines the rules and guidelines for youth basketball. The Greater Austin YMCA sets the philosophy and standards for Youth Sports programming to ensure a consistent and quality experience for all participants, parents, and volunteers.

**The Y reserves the right to adjust divisions based on player enrollment.*

Section 1: General Rules

1. All games will be officiated according to NFHS rules except where these local league rules will supersede. (Texas UIL rules state that children playing on their high school teams cannot play in another league at the same time.)
2. Disrespect toward the referees or staff will not be tolerated.
 1. Depending on the incident, a coach and/or members can be asked to leave, be suspended, or have their membership terminated.
 2. Coaches and players are asked to display good sportsmanship.
3. Only one (1) coach per team is allowed on the court at a time in the 4/5 year old division. A maximum of two (2) coaches are allowed on the bench at a time in the 6-year-old and up division(s).
4. Only background-approved coaches with a YMCA coach shirt are allowed on the team bench. All coaches must stand or sit near their team bench; roaming over into the other team's area is not allowed.
5. Coaches will uphold the authority of the officials who are assigned to the contests in which they are involved, and will assist them in every way to conduct a fair and impartial contest.
6. Coaches will ensure that all their able players present at the game will play at least 50% of the total game.
7. Coaches will understand that if they fail to uphold the philosophy and/or practice of the youth sports program that they will be removed from coaching.

Section 2: Start of Play

1. The visiting team listed on the game schedule will have the ball for the first possession to start the game in the following grade division(s):
 - a. 4-5 year old
 - b. 6-7 year old
 - c. 8-9 year old
 - d. A jump ball will begin the game for 10 and up age division(s).

2. The alternating possession rule is in effect for 10-year-olds and up-grade divisions. In all jump-ball situations, teams will alternate taking the ball out of bounds for throw-ins. The team obtaining control from the jump ball establishes the alternating-possession procedure and the arrow is set towards the opponents' basket. Jump balls occur when two opponents have one or both hands firmly on the ball.
3. Teams will change baskets at the start of the second half in the 8/9 year old and up division(s). 4-7 year old division(s) will shoot and defend the same basket the entire duration of the game.

Section 3: Number of Players

1. Teams should play 5 vs 5
2. Each player will play a minimum of two (2) full quarters (or 50% equal play time) in every game, but not 2 quarters more than any other player. All coaches must submit a player rotation chart to the score table and follow that player rotation chart, unless due to an injured player or in grade divisions that allow free substitutions.

Section 4: Substitutions

1. Each team should substitute according to the following grade divisions sub rules, unless for an injured player.
 - a. 4-5 year old division (s) | Substitute at the quarter breaks.
 - b. 6-7 year old division (s) | Substitute at the quarter breaks.
 - c. 8/9 year old and up divisions(s) Coaches shall have free substitutions on dead balls.

Section 5: Duration of Game

1. Games Duration by quarter or half:
 - a. 4-5 year old division | Four (6) minutes each.
 - b. 6/7 and 7-8 year old division | Four (7) minutes each.
 - c. 8/9 year old and up division | Four (8) minutes each.
 - d. 10-17 year old and up divisions | Two (16) minute halves
2. The clock runs continuously in all grade divisions with the following exceptions:
 - a. In the 10-year-old and up division, the clock will stop on all dead balls for the last two (2) minutes of the 2nd half only unless a team is ahead by 10 points or more.
 - b. The clock will stop for all 30-second time-outs and free throws.
- There will be (1) minute quarter breaks.
- There will be a (3) minute half-time break.
3. Each team will receive the following number of 30-second timeouts per game:
 - a. 4-5 year old division | One (1) time out.
 - b. 6 year old and up division(s) | (2) time outs per half
- Timeouts not used in the first half of play will not carry over to the second half.



- Timeouts may be called by the coach of the offensive team while the ball is in play. Anyone may call a timeout during any dead-ball situation with possession of the ball.
- Overtime Play:
 - a. 4-9 year old division(s) | There will be no overtime periods played. In case of a tie score at the end of regulation, the game will end in a tie.
 - b. 10-year-old and up division | One (1) 3-minute overtime. If the game is tied after the first overtime period, the game will end in a tie.

Section 6: Defense

1. Teams must play defense according to the grade appropriate division;
 - a. 4-5 year old division(s).....Must play man-to-man defense with wrist color wristbands.
 - b. 6-7 year old division(s).....Must play man-to-man defense with wrist color wristbands.
 - c. 8-9 year old division(s).....Teams must play man-to-man defense
 - d. 10 year old and up divisions(s)Teams must play man-to-man Or zone defense
2. Pressing:
 - a. 4-5 year old division(s).....Not allowed at any time. Defense may pick up at the mid court.
 - b. 6-7 year old division(s).....Not allowed at any time. Defense may pick up at the midcourt.
 - c. 8-9 year old division(s)..... Not allowed at any time. Defense may pick up at midcourt/half-court.
 - d. 10-11 year old division(s)Defense may pick up at midcourt/half-court. Teams may half-court press in the last two minutes in the second half of a game that is within 10 pts. Unless the pressing team is down by ten (10) or more points then, the NO PRESS RULE is in effect.
 - e. 12-year-old and up division(s)Teams may full-court press unless the pressing team is ahead by twenty (20) or more points then, the NO PRESS RULE is in effect. Once a team has a twenty (20) or more point lead, they must fall into the 3 point arch and play either man-to-man or zone defense. Failure to adhere to this will result in the penalties as follows: 1st warning, 2nd technical foul.
3. Double-teaming /trapping:
 - a. 4-5,6-7, & 8-9 year old division(s).....Not allowed at any time.
 - b. 10-11 year old division & up division(s).....Allowed once a team crosses mid court/halfcourt until a team has a ten (10) or more point lead.
 - c. 12-year-old division & up: Allowed until a team has a twenty (20) or more point lead.
4. Stealing:
 1. 4-5 year old division.....No stealing a pass or dribble.
 2. 6-7 year old division(s).....No stealing a pass or dribble.

3. 8-9 year old and up division(s).....A player may steal a pass or loose ball. Defensive players should be encouraged to play position defense; reaching is not permitted.
5. Screening:
 1. 4-5 year old division(s)..... Not allowed at any time.
 2. 6-7 year old division(s)..... Not allowed at any time. The penalty will be as follows: 1st warning, 2nd change of possession.
 3. 8-9 year old and up division(s) Screening is allowed during the game as long as the offensive player is set once contact has been made with a defensive player.
6. Blocking:
 1. 4-5 year old division (s).....Shot blocking is not allowed.
 2. 6-7 year old division..... Shot blocking is not allowed.
 3. 8-9 year old and up divisions.....Blocking is allowed and can occur if the player shooting has the ball in his/her hands.
7. Defensive players must be within 6 ft. of their opponent, especially when defending a spread-type offense. This is still a man-to-man defense.
8. Closely guarded:
 1. 12 and up divisions.....When a defensive player is 'actively 'guarding a player is within six feet. Only applies to when the ball is in the front court. The five second count resets every time there is a change in the ball handlers 'status '(player can hold the ball for 4 ½ seconds; then dribble for 4 ½ seconds; then hold the ball for 4 ½ seconds before they have to get rid of the ball). A closely-guarded count ends when no defensive player is within 6 feet. The count also stops when a closely guarded player: completes a dribble anywhere in the teams own front court, loses possession of the ball for any reason in the team's own front court; or has his or her dribble interrupted. If a closely guarded player beats the defender(s) by getting head and shoulders past the defensive player, the count has ended.

Section 8: Offense

1. Once a team obtains possession of the ball in its own back court (rebound, steal, etc.), the offensive team has ten (10) seconds to bring the ball into the front court in the 10 year old and up division(s). 4-9 year old division(s) will not play by ten (10) second rule, as the defensive team must allow the offensive team to bring the ball across the midcourt/half-court line.
2. Free throws are taken according to the following grade divisions:
 1. 4-5 year old division(s).....Free throws will not be taken. The team fouled will get the ball from the sideline.
 2. 6-7 year old division(s).....Free throws will not be taken. The team fouled will get the ball from the sideline.
 3. 8-9 year old division(s).....Free throws will not be taken. The team fouled will get the ball from the sideline.



4. 10-11 year old division(s).....Free throws can be taken from a 12' free throw line.
5. 12 and up division(s)Free throws will be taken from the regulation 15' free throw line.
3. Fast-breaks are allowed according to the following grade divisions:
 1. 4-5 year old division(s).....Not allowed in this grade division. When a team obtains possession of the ball on their defensive side of the court, they must wait until the other team sets up on defense before bringing the ball across the half-court line.
 2. 6-7 year old division(s).....Not allowed in this grade division. When a team obtains possession of the ball on their defensive side of the court, they must wait until the other team sets up on defense before bringing the ball across the half-court line.
 3. 8-9 year old division(s).....Allowed until the fast break team has a 10 (ten) point advantage. After that, the team must wait for the defending team to set up their defense before advancing the ball past the half-court line.
 4. 10 year old and up division(s).....Fast breaking is allowed.
4. Backcourt:
 1. Not enforced for 4-9 year old divisions.
 2. Strictly enforced for 10 year old and up divisions.
5. Special Scoring:
 1. Once the score reaches a 20-point differential or more, at halftime or any point thereafter, the score on the score clock will be cleared. However, the score will still be taken in the official scorebook. Once the score returns to a differential of 10 points or less, the score will re-display on the score clock.

Section 9: Ball in and Out of Play

1. If the ball hits the portable standard or frame, it is considered out of bounds.
2. If the ball goes completely over the top of the backboard in either direction it is considered out of bounds. A ball that hits the top of the backboard and comes back down on the playing side is not out of bounds.
3. If a ball hits a side goal, net or frame when playing full court it is considered out of bounds.

Section 10: Fouls / Violations

1. Fouls will be called and documented in the following grade divisions;
 1. 4-5 year old division(s).....Fouls will NOT be called; warnings issued. However, a player may be removed from the game for intentional or excessive fouling.
 2. 6-7 year old division(s).....Fouls will NOT be called; warnings issued. However, a player may be removed from the game for intentional or excessive fouling.



3. 8-9 year old division(s).....Fouls will NOT be called; warnings issued. However, a player may be removed from the game for intentional or excessive fouling.
4. 10 year old and up division(s).....Each player has five (5) fouls. On the fifth foul the player fouls out of the game. The coach must provide a substitution for that player within one (1) minute. If there are no substitutions available the coach must complete the game with the remaining players on the court.
2. Traveling violation will be called in the following grade divisions;
 1. 4-5 year old division(s).....Will not be enforced. Officials and Coaches should encourage players to dribble.
 2. 6-7 year old division(s).....Will be called as a warning the first three weeks of the season. Beginning week four of the season, excessive traveling will be called. After it's called, that team with the ball will take the ball out to start the possession.
 3. 8-9 year old division(s).....Will be called as a warning the first three weeks of the season. Beginning week four of the season, excessive traveling will be called. After it's called, that team with the ball will take the ball out to start the possession.
 4. 10 year old and up division(s).....Traveling rules will be enforced.
3. Double-dribble violation will be called in the following grade divisions;
 1. 4-5 year old division(s).....Will not be enforced. Officials and Coaches should encourage players to dribble.
 2. 6-7 year old division(s).....Will be called as a warning during the first three weeks of the season. Beginning week four of the season, excessive traveling will be called. After it's called, that team with the ball will take the ball out to start the possession.
 3. 8-9 year old division(s).....Will be called as a warning during the first three weeks of the season. Beginning week four of the season, excessive double dribbling will be called. After it's called, that team with the ball will take the ball out to start the possession.
 4. 10 year old and up division(s)Double-dribble rules will be enforced.
4. Lane violations shall be called in the following grade divisions;
 1. 4-5 year old division(s).....Lane violations will NOT be enforced.
 2. 6-7 year old division(s).....Lane violations will NOT be enforced.
 3. 8-9 year old division(s).....Lane violations will NOT be enforced.
 4. 10 year old and up division(s).....A three (3) second lane violation will be called.
5. Players receiving Technical Foul(s)
 1. Player(s) will be benched for one (1) period of the game; two (2) – Player(s) will be suspended for one game and the player and parent must meet with the YMCA Sports Director prior to being reinstated to play, three (3) – suspended for the remainder of the season (without a refund).
 2. All technical fouls will accumulate over the season.
6. Five (5) second throw-in violations will be called in 10 year old and up division(s). 5 seconds will be called if an offensive team is not able to successfully inbound the ball to their team at the Referee's count of five (5).

Section 11: Injury

1. Any player who sustains an injury in which bleeding occurs will promptly be removed from the game until the bleeding has stopped. Free substitution will be allowed in this instance.

Rule 2: The Game Equipment

Section 1: Ball Size

1. The Basketball used shall be the following size:
 1. 4-5 year old division(s),.....27.5" Junior ball.
 2. 6-7 year old division(s),.....27.5" Junior ball.
 3. 8-9 year old division(s),.....28.5" Intermediate ball.
 4. 10-11 year old division(s),.....28.5" Intermediate ball.
 5. 12 year old and up division(s),.....29.5" Regulation ball.

Section 2: Goal Height

1. The Basketball goal shall be at the following height for the following grade divisions unless restricted to do so by the facility or equipment;
 1. 4-5 year old division.....6' high.
 2. 6-7 year old division..... 8' high.
 3. 8-9 year old division..... 8.6' high.
 4. 10 year old and up division(s)...10 'high.

Section 3: The Player's Equipment

1. Each player should wear non-marking, soft-soled tennis shoes.
2. No jewelry can be worn during play. All medical bands must be covered or taped to skin. Sports staff will have final say on any medical wraps or soft casts before the game starts. Players wearing hard casts are not allowed to play.
3. Home team will wear the light color side of reversible jersey; away team will wears dark colors side of reversible jersey during each contest.

Section 4: Court

1. All games shall be played on the following size courts;
 1. 4-5 year old division(s),.....Cross court.
 2. 6-7 year old division(s),.....Cross court.
 3. 8-9 year old division(s),.....Cross court.
 4. 10 year old and up division(s),.....Full court.

Section 5: Score

1. Score keeping will result as follows:
 1. 4-5 year old division(s)...score will not be kept
 2. 6-7 year old division(s)...score will not be kept
 3. 8 year old and up division(s)...score will be kept



Quick Reference Chart

| Grade Division | 4-5 year olds | 6-7 year olds | 8-9 year olds | 10-11 year old | 12 year old and up |
|------------------------------|------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| Goal Height | 6' | 8' | 8.6' | 10' | 10' |
| Ball Size | Junior | Junior | Intermediate | Intermediate | Regulation |
| Ball Circumference | 27.5" | 27.5" | 28.5" | 28.5" | 29.5" Boys 28.5" Girls |
| Game format | 5 on 5 | 5 on 5 | 5 on 5 | 5 on 5 | 5 on 5 |
| Court Format | Cross | Cross | Cross | Full | Full |
| Scorekeeping | No | No | Yes | Yes | Yes |
| Quarter Length | Four 6 minute quarters | Four 7 minute quarters | Four 8 minute quarters | Two 16 minute halves | Two 16 minute halves |
| 30 Second Timeouts | No | 1 in 1st half 1 in 2nd half | 1 in 1st half 1 in 2nd half | 2 in 1st half 2 in 2nd half | 2 in 1st half 2 in 2nd half |
| 3 Seconds | No | No | No | Yes | Yes |
| Alternate Possessions | No | No | No | Yes | Yes |



| Grade Division | 4-5 year olds | 6-7 year olds | 8-9 year olds | 10-11 year old | 12 year old and up |
|-----------------------------|---------------|---------------|---------------|--|--------------------|
| Traveling | No | Excessive | Two Warnings | Enforced | Enforced |
| Double Dribble | No | Excessive | Two Warnings | Enforced | Enforced |
| Zone Defense | No | No | No | Yes | Yes |
| Double team/Trapping | No | No | No | Yes | Yes |
| Fast Break | No | No | No | Yes * | Yes * |
| Free throw line | No | No | 12' | 12' | 15' |
| Full court press | No | No | No | No (unless at the last two minutes of a game if the differential is 10 points or less) | Yes |
| 3-pt shot | No | No | No | Yes | Yes |
| 10 seconds | No | No | No | Yes | Yes |
| Closely Guarded | No | No | No | No | Yes |
| Personal fouls | No | No | No | 5 | 5 |