



Edwardsville YMCA Youth Basketball Rules



IHSA rules apply considering the following exceptions:

Players

- Teams will consist of five players on the courts at all times. In following the YMCA youth sports philosophy of “everyone plays”, all team members are to have an **equal amount of playing time**.

Game Time

- Half of the day will be clinics for the groups at four different stations. The other half of the day will consist of intra-team scrimmages.
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- Each game will consist of two 10-minute halves.
- The clock will run continuously for both games that are going on.

Half-Time

- Consists of 3 minutes and there will be at least a five minute warm-up period in between games.

3 Point Shots

- All three point shots count as three points.

Defense

- 3rd/4th Gr. & 5th/6th Gr. - Defense can pick up the offense at the 10' spike line (10 ft. from half court line).
- 7th/8th Gr. - Defense can pick up the offense at half court.*
- Teams can play “man to man” or zone.

Foul Outs

- 3rd/4th Gr. – Players cannot foul out. After the 5th personal foul, the player will be subbed out immediately, told what that normally means, and can be subbed back in at the next dead ball.
- 5th-8th Gr. – A player fouls out when they get their 5th foul of the game, a Technical foul, or a flagrant foul.

Free Throws

- All free throw situations will be one shot. The one free throw will be worth however many free throws they would have been awarded otherwise.
- Players can rebound on the release of the ball by the shooter.
- All players not on the lane lines may not cross the 3 point line or the free throw line until the ball touches the rim.

Equipment

- Rims will be at 9 feet for the 3rd/4th Grade division and 10 feet for all other divisions.
- A women's (28.5") ball will be used for all divisions.

Conduct

- Teams are responsible for the conduct of **themselves, their players, and their fans**. The YMCA strives to create a positive learning experience for all participants.

Sportsmanship

- Sportsmanlike behavior is expected from all coaches, players, and spectators at all times. If an individual is asked to stop their unsportsmanlike conduct and they fail to comply, a technical foul will be given. Examples of unsportsmanlike conduct include, but are not limited to: intimidating officials, players, and/or coaches, arguing, taunting, swearing, pushing, and fighting.

Technical

- Players and/or coaches who receive a technical foul will be removed from the current game: 1) Players to the bench & 2) Coaches out of the building, and will have to sit out their team's next game. Players and/or coaches who receive a technical foul must meet or talk to the Recreational Sports Director before playing or coaching again. Administrative technical fouls (calling a time out with none left) will **not** cause a player or coach to be removed from a game.

Uniform

- Team jerseys, shorts, sweats, and gym shoes are the recommended uniform for all participants. Jerseys should be tucked in. **No jewelry can be worn.**