



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

WINTER BASKETBALL RULES

16-18 Year Old Boys and Girls

All Basketball rules and violations will be governed by National Federation of State High School Associations rules. The following exceptions apply:

Ball Size

Boys – Full Size(29.5) Girls – Compact(28.5)

Goal Height

These divisions will shoot on a 10 foot goal.

Equal Participation

All players must have equal playing time throughout the course of a season. Coaches must make a strong effort to rotate players through a variety of positions.

Time

There will be four 8-minute quarters with a stopping clock. Teams will have one minute between quarters and a three-minute half time. The clock will stop for all whistles.

Possession/Start of game

Teams shoot on the goal opposite their bench in the first half and switch goals in the second half. A jump ball will begin the game. Alternating possessions will take effect thereafter for each quarter of the game.

Substitutions

Free subs throughout the game are allowed in this division on any dead ball. The coach must ensure that each player present for the game plays at least one half of the game.

Defense/Offense

In this league any defense can be played. Full court press is allowed at any time during the game. However, if a team is up by 10 points or more, they may not full court press until the lead comes back below 10 points and must allow the opposing team to pass the half court line. Warnings will be given to players and coaches before technical fouls are assessed.

Time Outs

Each team will receive four full (one minute) time outs.

Fouls

Individual and team fouls will be recorded throughout the season. Each player will be allowed five personal fouls per game. Each personal foul results in a team foul. Technical fouls count as personal fouls to a player. If a player receives a technical foul they must sit the remainder of the quarter. Two technical fouls on a player or coach will result in the ejection of that player or coach. Ejections require that the individual leave the gym before play resumes. The bonus will be in effect on the 7th team foul. The double bonus will be rewarded on the 10th team foul.

Score

Score will be kept. If a team is up by 20 points, the score will not be kept on the clock until the team is within the 20 point difference. Once a team is up by 30 points a running clock will be kept for the remainder of the game.

Overtime

During the regular season, if the score is tied at the end of regulation a 2-minute overtime period will be played. If the score remains tied at the end of this period the game will go to sudden victory with the first team that scores wins. During the end of season tournament, if the score is tied at the end of the first overtime, a second 2 minute overtime will be played. If the score remains tied at the end of this period the game will go to sudden victory with the first team that scores wins. A jump ball will begin each overtime period. Each team will receive one 1-minute time out per overtime session. Any five eligible players can be put in for overtime. Overtime does not count as a quarter played for those in the game during the overtime period. No subs can be made during the overtime period.

Jewelry/Accessories

No jewelry can be worn during the game by any player. This includes wrist bands, silly bands, anything around the neck or in the ears, etc. Headbands, wristbands, and shooting sleeves are permitted, but must be a solid color and must be one of the jersey colors of the team. If multiple players on a team are wearing these items, they must be uniform so that all players match. If this is not the case, they will be disallowed.

Coaching

The coaches are in charge of their teams and are responsible for the management of their players and parents. They are essential in providing the positive leadership and instructions enabling each participant the opportunity to develop his/her basketball skills, a positive self-esteem, and good sportsmanship. Good coaching and leadership are the basis for the YMCA leagues. Our coaches will be encouraged to blend the competitiveness and the thrill of basketball with the spirit and purpose of the YMCA.

The head coach is responsible for his/her own conduct and behavior, as well all team members and other bench personnel. Bench personnel, including head coach shall not:

- Disrespectfully address an official
- Attempt to influence an official's decision
- Using profane or inappropriate language or obscene gestures.
- Disrespectfully address, baiting or taunting an opponent.
- Objecting to an official's decision by rising from the bench or using gestures.
- Inciting undesirable crowd reactions.
- Being charged with fighting.

Parents & Fans

Everyone at practices and games are encouraged to cheer, hoop, holler, encourage, support and have FUN. Fans are expected to be courteous and set good example for the players. If players, fans and coaches display bad sportsmanship, the game will be stopped by the referee or league coordinator for a calming down period. Please keep in mind we are playing "Y" ball, not NBA ball.

Sportsmanship is expected and intolerable behavior will not be permitted.

All leagues are managed as YMCA programs with YMCA values, philosophy, and expectations.

The league is a recreational league to teach basketball skills and build strong character in our players!

You are a role model at all times-on and off the court.

Player/Coach Misconduct Point System

A point system will be used to keep play clean and fair. The following points will be assigned to players and coaches in the league:

TECHNICAL FOUL	=	1 POINT
CURSING	=	1 POINT
EJECTION	=	3 POINTS

A player or coach whom receives 3 pints will serve a ONE game suspension from the league and will be required to meet with a representative from the YMCA. Any player who receives, in any combination, five or more points will be removed from the league without refund and serve a one year suspension from all YMCA sports programs effective the day of the 5th point is incurred. NOTE: All YMCA staff have the authority to issue points to players or coaches who curse before, during or after the game.

YMCA Sportsmanship Rating System

In the spirit of the YMCA, sportsmanlike behavior is expected of everyone involved. Therefore, all teams (which include all players, coaches, and parents) will adhere to the sportsmanship rating system. After each game, the referee(s) and YMCA staff will give each team a sportsmanship rating (on a scale of 1 to 5) based on the following criteria:

"5"- Excellent behavior displayed by the team, coaches, and parents. Players accepted all calls and congratulated the opposing team. No evidence of foul language or unsportsmanlike behavior.

"4"- Good behavior displayed by the team. Less than 2 incidences of questioning calls, arguing with, or disrespecting referees by the players, coaches and parents. No evidence of foul language.

"3"- Moderate behavior displayed by the team. No evidence of foul language. No more than one unsportsmanlike for the team. A team committing an unsportsmanlike incident may not receive a rating higher than a 3. 2 or 3 incidences of questioning calls, arguing with, or disrespecting referees by the players, coaches and parents.

"2"- Poor sportsmanship displayed by the team. Coach had minimal control of players and parents . 4 or 5 incidences of arguing with, questioning, or disrespecting referees by the players, coaches and parents . Multiple unsportsmanlike incidents. Evidence of foul language.

"1"- Unacceptable behavior displayed by the team. Team displayed no respect for the referees. Multiple unsportsmanlike incidences. Coach had no control of players or parents. 6 or more incidents of arguing with, questioning, or disrespecting referees by the players, coaches and parents. A team with an ejected player, parent, or coach may not receive a rating higher than a 1. Forfeiting teams automatically receive a 1.

At the end of the regular season, all of the game sportsmanship ratings will be averaged for each team. In order to be eligible for the playoffs, a team MUST maintain an average of 3.00 or higher. Teams receiving less than a 3.00 average will not participate in tournament play. During playoff games, a team that receives less than a 3 sportsmanship rating will forfeit and the opposing team will advance regardless of the final score of the game.