

BASKETBALL COACH'S GUIDE

Laws of the Game 5th, 6th, 7th Grade

Playing Time

- **All Players must play equally regardless of ability or position**
- Substitutions will be allowed at any stoppage of play. Players must check in with the scorer's table and waived in by referees before taking the court.
- A coach reserves the right to play a player less than required if practice regulation have not been met. The coach **MUST** have approval from the Y-Basketball Coordinator prior to the game and **MUST** notify the referees and opposing coach prior to the game.

Game Administration

- To ensure all games start on time, please arrive 10 minutes early.
- Ball Size: **Women's Ball 28.5 for both boys and girls leagues**
- Basket Height: 10 feet (Courts will be Jr. High size with 3 point lines where available)
- Games will be played 5 on 5. If a team is short players, they may borrow a player from another team until another participant is available.
- 5th-7th Grade season is concluded with a league wide tournament.
- Non-athletic wristbands, earrings, necklaces and jewelry should be removed before starting play
- Games consist of four 7-minute quarters, non-running clock (2 minutes between quarters and 3 minutes for half-time).
- In the event of a tie, the game will be decided by one 2-minute overtime. A "Sudden Death" overtime period (2 min) will be held should the first overtime period result in a tie. During the "Sudden Death" period a tip-off will be held with the first team to score 1 or more points wins the game.
- **If a team is ahead by 30 points a mercy rule will be enacted. In between quarters, when a team is close to a 30 point lead coaches will meet with a YMCA staff member to choose which mercy rule will best fit their team. If coaches cannot agree, "Option A" will be the default. Note that ALL scores will continue to be recorded in the book, regardless of which mercy rule is chosen.**
 - Option A) The winning team cannot be ahead by more than 30 on the scoreboard. If the team scores, the score will be recorded in the book, but will not be put on the scoreboard until it is less than a 30 point lead.**
 - Option B) The score on the scoreboard will be reset to zero-zero at either the start of the third or fourth quarter.**
- Score will be kept by a volunteer at the scorers table.
- Each team is **required** to provide one person at each game who can help with timing. This volunteer may be the same person each week. **Please have a volunteer ready before your scheduled game time.** Home team keeps score, visiting team keeps time.
- All players must check in with the scorer at the beginning of every quarter or when prior to subbing in.
- A Jump ball will take place at the start of the game. (Players will line up around center circle standing next to their opponent. One player from each team will stand in the center of the circle and tap the ball towards their team as the official tosses the ball up)
- Possession arrow begins facing the direction of the team who did not receive the initial jump ball. During play, should a jump ball be called, possession arrow changes direction. At half-time, the possession arrow must be switched due to the fact that the teams change direction.
- At the beginning of each quarter, possession is given to the team who is to receive possession of the next jump ball.
- All in-bound plays will take place nearest the spot where the ball went out or where the foul occurred.
- Each team is allowed one sixty-second time-out per half and one additional sixty-second time-out during overtime.

Defensive Regulations

- Teams may play man to man or a zone defense. Double teams and trapping is allowed.
- Full Court Press will be allowed provided the score is within 10 points, otherwise no backcourt defense is allowed.
- Backcourt time violation will be called. (The offensive team has 10 seconds to cross half-court)

The YMCA officials and staff have full authority in the Y-Basketball programs and reserve the right to modify the interpretation of any rule in the their discretion.

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Laws of the Game 5th, 6th, 7th Grade continued...

Defensive Regulations Cont.

- Switching is allowed.
-A "Switch" is when a defensive player switches the offensive player they are defending, while still maintaining man to man defense.

Offensive Regulations

- Over and Back will be called and result in a turn-over
-Over and Back is when an offensive player with possession of the ball crosses half court and then crosses back over the half court line.
- The offensive team will be allowed 3 seconds in the key before a violation is called.
-A lane violation is when an offensive player remains in the lane for more than 3 seconds without an attempted shot by the offense or unless the player in the key receives a pass. After an attempted shot or receiving a pass, a new 3 second count will begin.
- Players have 5 seconds to inbound the ball.
- 5 second closely guarded violation will be called.
-A 5 second violation is when the offensive player is immediately guarded and inactive (is not dribbling, passing or shooting) for more than five seconds.

Violations (All rules not defined will be high school standard unless otherwise directed by officials)

- Individual and team fouls will be recorded. Team fouls will reset at half time.
- Players are automatically disqualified on the 5th personal foul of the game.
- Teams will shoot one and one on the seventh team foul per half and two on the tenth team foul per half. Players must shoot from the regulation free throw line, but they can jump over the line if necessary, however the shooter cannot rebound their own shot.
- Technical fouls: Opposing team receives 2 points plus ball/Player must go to bench (language, fights or anything contrary to YMCA values)

Sportsmanship

- Unsportsmanlike conduct will not be tolerated! All players, coaches and parents will exhibit Caring, Honesty, Respect and Responsibility before, during and after the Y-Ball practices and games.
- All games will conclude with a sportsmanship line-up and hand shake/high five.

Facility Usage Rules

- Each coach is responsible for the supervision of all players on the team while in the school building for games and practices.
- Use of school gyms is a privilege that can be revoked. Help us and your players by respecting the school property and by cleaning up after yourself.
- Children not participating in Y-Ball must be supervised at all times by their parents/guardian. Parents/guardians are responsible for their children's actions while on school property.
- No food or drink (except water) are allowed in the school gyms.
- No tobacco products or alcohol are allowed at schools or YMCA events.
- Basketball are to be used only in the gym, no dribbling or passing in the halls or classrooms.

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