

BASKETBALL COACH'S GUIDE

Laws of the Game Kindergarten—2nd grade

Playing Time

- All Players must play equally regardless of ability or position
- Substitutions are only allowed at the start of each quarter unless authorized by a YMCA official.
- 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

- Ball Size: Jr. Basketball size 27.5
- Basket Height: 8ft (depending on schools fixed height)
- 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.
- Non-athletic wristbands, earrings, necklaces and jewelry should be removed before starting play
- Games consist of four 8-minute quarters with running clock (2 minutes between quarters and 3 minutes for half-time). However, the clock will stop for time-outs and referee discretion. (NO overtime if game ends in a tie)
- Score will not be officially kept or displayed by the YMCA. Parents and coaches are discouraged from keeping score.
- 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.**
- Each team will be allowed **one** adult/coach on the game floor to assist with encouragement and coaching during play.
- All players must check in with the scorer at the beginning of every quarter.
- A Jump ball will take place at the start of the game. (Players will line up around center circle standing next to the opponent with the same color wristband. 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 start at half court using a sideline in-bound.
- Each team is allowed one sixty-second time-out per half. Substitutions may not be made during a timeout.
- Fouls will not be officially recorded and players will not foul out. All fouls will result in a side in-bound (No Free Throws)

Defensive Regulations

- All teams are required to play man to man defense. Each player will wear a colored wristband, and players are expected to guard the player with the same color band and must be within 3 feet of the offensive player.
- Players are allowed to block shots. The defender is not allowed to make contact with the offensive player's hand or body.
- No backcourt press. (The defense cannot defend in the backcourt)
- No backcourt time violation. (The offensive player who maintains possession has more than 10 seconds to cross half-court)
- No double/triple/quadruple teaming is allowed.
 - Double/triple/quadruple teaming is the intentional and persistent guarding of one offensive player by two defensive players as to put the offensive player at a disadvantage (i.e. trapping)
- Switching is not allowed.
 - A "Switch" is when a defensive player switches the offensive player they are defending, while still maintaining man to man defense.
- Stealing the ball is not allowed while an offensive player has possession. (This includes while a player is dribbling or holding the ball).
- Stealing of the ball is only allowed during a pass or a loose ball.

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 Kindergarten—2nd grade continued...

Offensive Regulations

- Players may not set screens
- No lane violations will be 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 10 seconds to inbound the ball.
- No 5 second 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

- Fouls will not be tracked, and no foul shots will be taken. If a foul occurs, the opposing team will be awarded the ball as a side inbound at half-court.
- **Minor violations will be called leniently at the beginning of the season. Starting in the third week of games, basic violations like out of bounds, traveling, and double dribble will be called. If a violations occurs, the opposing team will be awarded the ball as a side inbound at half-court.**

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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