



We build strong **kids**, strong **families**,
strong **communities**.

Recreation Basketball League Rules of Play 2009-2010

**U-7, U-8, U-9, U-10
Boys and Girls Divisions**

Our mission:

A worldwide charitable fellowship united by a common loyalty to Jesus Christ
For the purpose of helping persons grow in spirit, mind and body.

Participation in the program governed by these rules of play shall be open to all individuals interested in playing recreation basketball. All players will be assigned to teams by the YMCA.

- 1.) The goals of the Recreation Basketball League are as follows:
 - A.) Having fun and enjoying playing basketball. The program should be enjoyable, rich and rewarding.
 - B.) Putting winning in perspective as one goal among others, developing attitudes towards sports which broaden "winning" to include enjoyment, friendships made, and the learning of new skills.
 - C.) Learning the importance of teamwork and playing as a team member.
 - D.) Involving all players in the game, regardless of ability.
 - E.) Developing positive attitudes about the opposing team and the officials which recognize both as indispensable partners in the pleasure of playing basketball.

- 2.) Division groupings are as follows: Under-7, Under-8, Under-9, Under-10. A player's assignment to a particular division is determined by his/her age as of July 31, 2009. For example, a player who was 7 years old on July 31 would be assigned to the Under-8 division. The Under-7 and Under-8 divisions will be played with a **minor emphasis** on basketball league rules **or the competitive element stressed in older divisions**. Players **should learn the basics** of how to play basketball and hopefully develop an appreciation for the game and its FUN side.

- 3.) All teams will be allowed one (1) hour practice per week before and during the season. Any coach that abuses the above rule will be issued a warning by the YMCA Sports Staff. Any further abuses will result in suspension of the coach for the remainder of the season.

- 4.) The following participation formulas are to assist you in substituting when you have 6, 7, 8, or 9 players present on game days. These are not the only options; they are here to assist you. Coaches are encouraged to equalize playing time as much as possible.

ROSTER OF 9 PLAYERS			1stQ	2ndQ	3rdQ	4thQ
1=5	6=4	4 Players play	1 6	2 7	3 8	4 9
2=5	7=4	2 ½ quarters	2 7	3 8	4 9	5 1
3=5	8=4		3 8	4 9	5 1	6 2
4=5	9=4	5 Players play	4 9	5 1	6 2	7 3
5=4		2 quarters	5 1	6 2	7 3	8 4

ROSTER OF 8 PLAYERS			1stQ	2ndQ	3rdQ	4thQ
1=5	5=5	All Players play	1 6	3 8	5 2	7 4
2=5	6=5	2 ½ quarters	2 7	4 1	6 3	8 5
3=5	7=5		3 8	5 2	7 4	1 6
4=5	8=5		4 1	6 3	8 5	2 7
			5 2	7 4	1 6	3 8

ROSTER OF 7 PLAYERS			1stQ	2ndQ	3rdQ	4thQ
1=6	5=6	5 Players play	1 6	4 2	7 5	3 1
2=6	6=5	3 quarters	2 7	5 3	1 6	4 2
3=6	7=5		3 1	6 4	2 7	5 3
4=6		2 Players play	4 2	7 5	3 1	6 4
		2 ½ quarters	5 3	1 6	4 2	7 5

ROSTER OF 6 PLAYERS			1stQ	2ndQ	3rdQ	4thQ
1=7	4=7	4 Players play	1 6	5 4	3 2	1 6
2=7	5=6	3 ½ quarters	2 1	6 5	4 3	2 1
3=7	6=6		3 2	1 6	5 4	3 2
		2 Players play	4 3	2 1	6 5	4 3
		3 quarters	5 4	3 2	1 6	5 4

- 5.) The Under-7 through Under-10 age divisions shall play four (4) seven (7) minute quarters substituting at the closest Dead Ball to the three-thirty (3:30) minute mark of each quarter and at the end of each quarter. All players on the bench at each opportunity for substitution shall enter the game. **Every player shall play at least half of each game.** The clock will run continuously, stopping only for free throws, substitutions, injuries and time outs. For the last one (1) minute of each quarter the clock will be stopped on each whistle. Referees may use discretion to stop the clock at other times (i.e. when a ball has bounced away and there is considerable time delay in returning the ball to the court). When play is stopped for an injury subject to the referee's authorization, a player may be substituted for the injured player. The injured player may not re-enter until the next substitution period.
- 6.) The Under-7 through Under-10 age divisions will shoot on 8 1/2 foot rims and use a smaller, women's intermediate size (28.5) basketball.
- 7.) There shall be two time outs per team per half. **(They do not carry over to the second half)**
- 8.) There shall be **NO** overtime periods in the Under-7 through Under-10 age divisions.
- 9.) Each game will start with 5 players on the court per team. Teams should still play if there are less than 5 players and the coaches shall decide how many will play in such cases. Sharing players is acceptable in these age divisions.
- 10.) The three (3) point shot will **NOT** be in effect in the Under-7 through Under-10 divisions.
- 11.)
 - A.) Man to Man defense will be used at all times for ages Under-7 through Under-10 divisions (**see rule 11b below**). Each player will be assigned to an opponent of comparable size, speed, quickness and given the task of preventing a score by guarding that player. Switching - the movement of one player to pick up a teammate's assigned opponent is allowed at any time as long as no double-teaming occurs.
 - B.) The man to man defense in the Under-7 through Under-10 divisions will not apply when the ball is in the lane. It is natural to double-team the player with the ball once he/she enters the lane.
- 12.) Double-teaming or doubling up is not allowed in the Under-7 through Under-10 divisions. (Definition: the quick placement of two (2) defensive men on one (1) offensive player with the ball.) **EXCEPTION:** When the ball is in the lane.
- 13.) Isolation plays are not allowed in the Under-7 through Under 10 divisions. (**Definition:** Intentionally pulling a player to an area of the court completely away from the play to purposefully prevent their involvement in a play.)
- 14.) Back-court guarding is not allowed in the Under-7 through Under-10 divisions. A change of possession following a rebound requires the opposing defense to "fall back" to their end of the court. An offensive player may not be guarded until the offensive player has both feet cross the mid-line of the court. **(NO full court press)**
- 15.) For the Under-7 and Under-8 divisions double dribble and traveling calls will be made for instructional purposes only. There shall be no change of possession. The ball will be taken out at the side-line.
- 16.) There shall be no inadvertent back court violation (over and back) in the Under-7 and Under-8 divisions. The referee's judgment shall be used regarding intent.
- 17.) The Under-7 through Under-10 divisions shall not be allowed to fast break off missed shots or defensive rebounds. It is ok to fast break off steals. A fast break is defined as dribbling or passing the ball up court at full speed from the defensive end to the offensive end without stopping to set up an offensive play or pattern.
- 18.) Screening (picking) is not allowed in the Under-7 and Under-8 divisions. The action of screening allows one or more offensive players to block the path of a defender attempting to guard the dribbler.

- 19.) "Warnings" shall be given by the referee for the following:
- A.) Violation of the half court defense rule (i.e. guarding in the back court)
 - B.) Illegal zone defense
 - C.) Isolation plays
 - D.) Double teaming
 - E.) Screening in the Under-7 and Under-8 divisions

In the Under-7 and Under-8 divisions "warnings" and technical fouls will be given at the referees discretion. In the Under-9 and Under-10 divisions one (1) warning shall be given per half, and on the second and all subsequent warnings during each half a technical foul shall be called.

- 20.) After six (6) team fouls, the 1 and 1 bonus foul shots will be taken on the seventh (7) violation. Only five (5) personal fouls will be allowed each player per game.
- 21.) The foul line will be 13 feet from the rim in the Under-7 through Under-10 divisions.

22.) LANE VIOLATIONS:

<u>DIVISION</u>	<u>TIME</u>
Under-7, Under-8	NONE
Under-9, Under-10	5 SECONDS

- 23.) We will have an alternate possession on jump ball calls. A regular jump ball will take place at the beginning of the game. From that point on, jump ball calls will result in the two (2) teams alternating taking the ball out of bounds. The first possession will go to the team that did not gain control of the opening jump ball. An indicator will be placed at the scorers' table to show which team gets possession of each jump ball.
- 24.) Each team is allowed only one coach and assistant in the team area.
ONLY THE HEAD COACH MAY STAND DURING A GAME.
- 25.) **Each team must provide a scorekeeper** and ensure that the score & substitutions are properly recorded at the end of each ball game. The scorekeeper shall sit at the score table and shall sign, date, and list phone number before leaving the gym area. **Each team coach is responsible** for assuring that the score sheet is complete and correct. The YMCA will provide a clock keeper for each game.
- 26.) Only Players on the official roster may play. Violation of this shall result in forfeiture of the game.
- 27.) If a player is ejected from a game, the player must leave the team bench but may remain in the stands among spectators as long as his/her continued presence does not cause a problem. If an adult (coach or spectator) is ejected from a game, the adult must leave the gymnasium. Failure to comply with these provisions shall mean forfeiture of the game. See code of conduct in the YMCA Coaches Manual for details on suspensions.
- 28.) All other rules will be in conformance with the YMCA Youth sports Guidelines and the TSSAA High School Rules, Current Edition.