

# Elmhurst YMCA Youth Basketball League

## Rules & Regulations 2023



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### GENERAL RULES

#### GAME TIME

- Each game will consist of two 20-minute halves, and a 2-3-minute halftime.
- The clock will run continuously until the last 1-minute of each half.
  - The clock will stop on all dead balls in the last minute of each half.
  - The clock will stop for timeouts, rotations, and injuries the entire game.
- On each new possession, teams have 10 seconds to bring the ball across half-court.

#### TIMEOUTS

- Each team will be allowed 1 60-second timeout per half.
  - Unused timeouts do not carry over into the second half or overtime.

#### PLAYER ROTATIONS

- All players must receive equal, or as close to equal playing time as possible, each game and over the course of the season.
- The referee will stop the clock approximately every 5 minutes for player rotations.
  - Teams have 30-seconds to make rotations.

#### BASKETBALL SIZE

- 2<sup>nd</sup>-3<sup>rd</sup> grade divisions: 27.5"
- 4<sup>th</sup>-5<sup>th</sup> grade and 6<sup>th</sup>-8<sup>th</sup> grade girls divisions: 28.5"
- 6<sup>th</sup>-8<sup>th</sup> grade boys and high school divisions: 29.5"

#### BASKET HEIGHT

- 2<sup>nd</sup>-3<sup>rd</sup> grade divisions: 9-foot basket
- 4<sup>th</sup>-12<sup>th</sup> grade divisions: 10-foot basket

#### SCORING LIMITS

- Each division has a limit to how many points a team may lead by during a game. Once this limit has been reached, points will not be added to the leading team's score until the lead falls below the limit. The scoring limits for each division are as follows:
  - 2-3<sup>rd</sup> grade divisions: 14 points
  - 4-8<sup>th</sup> grade divisions: 20 points
  - 9-12<sup>th</sup> grade divisions: 30 points

#### OVERTIME

- During the regular season, there will be one 2-minute overtime period, if the game is tied at the end of regulation.
  - Teams may play any line-up during overtime.
  - Each team may use 1 30-second timeout during overtime.
  - If the game is still tied after overtime, the game ends in a tie.
- During the playoffs, the same overtime rules apply as during the regular season.
  - If the game is still tied after overtime, the teams will play sudden-death.
    - There is another tip-off at center-court, and the first team to score wins.

## **TECHNICAL FOULS AND EJECTIONS**

- 2<sup>nd</sup>-8<sup>th</sup> Grade Divisions
  - If a technical call is called, the opposing team will be awarded 2 points and possession of the ball, out of bounds.
  - Players will be ejected from the game if 1 technical foul is called against them.
  - Coaches will be ejected from the game if 2 technical fouls are called against them.
  - Any player or coach ejected from a game will be suspended for at least 1 subsequent game.
    - Suspensions may be longer, based on the context of the ejection.
    - Any subsequent ejections will result in further discipline, up to and including removal from the league.
- High School Divisions
  - If a technical call is called, the opposing team will be awarded 2 points and possession of the ball, out of bounds.
  - Players and coaches will be ejected from the game, if 2 technical fouls are called against them.
  - Any player or coach ejected from a game will be suspended for at least 1 subsequent game.
    - Suspensions may be longer, based on the context of the ejection.
    - Any subsequent ejections will result in further discipline, up to and including removal from the league.

## **CODE OF CONDUCT**

- YMCA Youth Sport Programs strictly adhere to the ideals of participation, fun, fitness, skills, teamwork, fairness, family involvement, volunteerism and character development, as well as the traits of caring, honesty, responsibility and respect. Players, coaches and parents are all expected to adhere to these same ideals and traits at all times during practices and games.
- Teams are expected to behave appropriately in both victory and defeat, and remember that winning is not the only objective – skill development and fun should be emphasized at all times.
- Parents who have not been formally cleared to coach by the YMCA are not permitted to coach in any capacity, and must spectate games and practices from designated viewing areas.
- Players, coaches and parents are expected to respect each other, staff and referees at all times. Harassment, profanity, threats of violence and acts of violence will not be tolerated, and may result in ejection from the facility and/or a ban from future participation or spectating.
- Directly confronting players or coaches regarding issues that may arise is inappropriate and will not be tolerated, especially if those players or coaches are minors. Any concerns that may need to be addressed should be respectfully brought to the attention of a YMCA employee.
- By participating in this program, it is assumed you have read this code of conduct, understand the YMCA's core philosophy and agree to follow the behavior expectations of the program.

**ANY RULE THAT IS NOT CLEARLY SPECIFIED IN OUR RULEBOOK WILL FOLLOW IHSA RULES.  
THIS RULEBOOK MAY BE SUBJECT TO CHANGE DURING THE SEASON, IF CHANGES ARE DETERMINED  
TO BE IN THE BEST INTEREST OF THE LEAGUE.**

## 2<sup>ND</sup>-3<sup>RD</sup> GRADE RULES



### DEFENSIVE RULES

- Only man-defense is allowed to be played at this level.
  - Players will be provided with color-coded wristbands to assist with this.
  - Defenses may only double-team players who have the ball inside the paint.
- Defenders must stay inside the three-point line while the offense has possession of the ball.
  - In the last 1-minute of the second half, defenders may play up to half-court.
    - The defense must allow the offense to cross the half-court line.
  - Referees will stop play to give 1 warning per team per rotation.
    - Any subsequent violations will result in 1 point being awarded to the offense.
- Defenders may not steal possession of the ball from offensive players.
  - Defenders may intercept passes and recover loose balls.
  - Defenders may block shots.

### OFFENSIVE RULES

- Travelling
  - Referees will grant leniency with travelling, but players who have possession of the ball may not move without making a genuine effort to dribble the ball properly.
    - Referees will stop play to give 1 warning per team per rotation.
      - Subsequent violations will result in possession going to the defense.
- Double-Dribble
  - Once a player with possession of the ball stops dribbling, they must either pass or shoot the ball, or a double-dribble will be called, and possession will go to the other team.
- Lane Violation
  - Any offensive player who stands inside the lane will be instructed, by the referee, to exit the lane after 5 seconds.
    - If the player does not exit the lane within 3 seconds of being instructed to do so, the referee will call a lane violation, and possession will go to the other team.

### FOULS

- The score table will only keep track of team fouls – not personal fouls.
- Shooting Fouls
  - If a player is fouled while shooting, the offense will be awarded 1 point and keep possession of the ball.
    - If the fouled player makes the basket, the basket and extra point will count.
      - Possession is granted to the defense and play continues.
    - 2 points will be awarded if the fouled player attempted a 3-point shot.
- A team will enter the bonus situation after committing 10 fouls in one half, and the double-bonus situation after committing 15 fouls in one half.
  - The offense will be awarded 1 point for any defensive foul committed by a team in the bonus situation.
    - 2 points will be awarded if the defensive team is in the double-bonus situation.

## 4<sup>TH</sup>-5<sup>TH</sup> GRADE RULES



### DEFENSIVE RULES

- Teams may play any defensive scheme at this level.
  - Any defensive player who stands inside the lane without guarding an offensive player will be instructed, by the referee, to exit the lane after 3 seconds.
    - If the player does not exit the lane within 3 seconds of being instructed to do so, the referee will call a lane violation and award 1 point to the offense.
- Full-Court Press
  - Beginning in Week 4, teams may play full-court press in the last 2 minutes of each half, so long as they are not leading by 10 points or more.
    - There will be no full-court press for the first 3 weeks of the season.
    - Teams will receive 1 warning per half, if they play full-court press with a lead of 10 points or more.
      - Subsequent violations will result in 1 point awarded to the offense.

### OFFENSIVE RULES

- Travelling and Double-Dribble
  - Referees will enforce normal dribbling and ball-handling rules.
- Lane Violation
  - Any offensive player who stands inside the lane will be instructed, by the referee, to exit the lane after 5 seconds.
    - If the player does not exit the lane within 3 seconds of being instructed to do so, the referee will call a lane violation, and possession will go to the defense.

### FOULS

- The score table will only keep track of team fouls and personal fouls.
  - A player will foul out of the game if they commit 5 personal fouls.
- Shooting Fouls
  - If a player is fouled while shooting, the offense will be awarded 1 point and keep possession of the ball.
    - If the fouled player makes the basket, the basket and extra point will count.
      - Possession is granted to the defense and play continues.
    - 2 points will be awarded if the fouled player attempted a 3-point shot.
- A team will enter the bonus situation after committing 7 fouls in one half, and the double-bonus situation after committing 10 fouls in one half.
  - The offense will be awarded 1 point for any defensive foul committed by a team in the bonus situation.
    - 2 points will be awarded if the defensive team is in the double-bonus situation.

## 6<sup>TH</sup>-8<sup>TH</sup> GRADE RULES



### DEFENSIVE RULES

- Teams may play any defensive scheme at this level.
  - Any defensive player who stands inside the lane without guarding an offensive player will be instructed, by the referee, to exit the lane after 3 seconds.
    - If the player does not exit the lane after being instructed to do so, the referee will call a lane violation and award 1 point to the offense.
- Full-Court Press
  - Beginning in Week 4, teams may play full-court press at any point, so long as they are not leading by 10 points or more.
    - There will be no full-court press for the first 3 weeks of the season.
    - Teams will receive 1 warning per half, if they play full-court press with a lead of 10 points or more.
      - Subsequent violations will result in 1 point awarded to the offense.

### OFFENSIVE RULES

- Travelling and Double-Dribble
  - Referees will enforce normal dribbling and ball-handling rules.
- Lane Violation
  - Any offensive player who stands inside the lane will be instructed, by the referee, to exit the lane after 5 seconds.
    - If the player does not exit the lane after being instructed to do so, the referee will call a lane violation, and possession will go to the defense.

### FOULS

- The score table will only keep track of team fouls and personal fouls.
  - A player will foul out of the game if they commit 5 personal fouls.
- Shooting Fouls
  - Players will shoot free throws on shooting fouls in the last 1 minute of each half and during overtime.
    - At all other times, the rule is the same as the younger age divisions.
- A team will enter the bonus situation after committing 7 fouls in one half, and the double-bonus situation after committing 10 fouls in one half.
  - The offense will be awarded 1 point for any defensive foul committed by a team in the bonus situation, except in the last minute of each half.
    - 2 points will be awarded if the defensive team is in the double-bonus situation.
  - In the last minute of each half, players will shoot free throws on all defensive fouls committed by a team in the bonus situation.
    - In bonus, 1 free throw, followed by another, if the first shot is made.
    - In double-bonus, 2 free throws.

# 9<sup>TH</sup>-12<sup>TH</sup> GRADE RULES



## DEFENSIVE RULES

- Teams may play any defensive scheme at this level.
  - Any defensive player who stands inside the lane without guarding an offensive player will be instructed, by the referee, to exit the lane after 3 seconds.
    - If the player does not exit the lane after being instructed to do so, the referee will call a lane violation and award 1 point to the offense.
- Full-Court Press
  - Teams may play full-court press at any point during each game of the season, so long as they are not leading by 15 points or more.
    - Teams will receive 1 warning per half, if they play full-court press with a lead of 15 points or more.
      - Subsequent violations will result in 1 point awarded to the offense.

## OFFENSIVE RULES

- Travelling and Double-Dribble
  - Referees will enforce normal dribbling and ball-handling rules.
- Lane Violation
  - Any offensive player who stands inside the lane will be instructed, by the referee, to exit the lane after 5 seconds.
    - If the player does not exit the lane after being instructed to do so, the referee will call a lane violation, and possession will go to the defense.

## FOULS

- The score table will only keep track of team fouls and personal fouls.
  - A player will foul out of the game if they commit 5 personal fouls.
- Shooting Fouls
  - Players will shoot free throws on shooting fouls in the last 1 minute of each half and during overtime.
    - At all other times, the rule is the same as the younger age divisions.
- A team will enter the bonus situation after committing 7 fouls in one half, and the double-bonus situation after committing 10 fouls in one half.
  - The offense will be awarded 1 point for any defensive foul committed by a team in the bonus situation, except in the last minute of each half.
    - 2 points will be awarded if the team is in the double-bonus situation.
  - In the last minute of each half, players will shoot free throws on all defensive fouls committed by a team in the bonus situation.
    - In bonus, 1 free throw, followed by another, if the first shot is made.
    - In double-bonus, 2 free throws.