

NORM WAITT SR. YMCA 5 ON 5
SUMMER BASKETBALL LEAGUE

PLAYER ELIGIBILITY:

Players may appear on only one (1) team roster for the season. Any player on a team other than his or her own will cause that team to forfeit and the player will be suspended for the following game also. The Norm Waitt Sr. YMCA will provide all rosters on site. All boys and girls must register and have fees paid to be eligible.

PRE-GAME:

1. All games may start and be completed with four players minimum.
2. Both teams will warm-up at the same time prior to the game.
3. Only those teams scheduled to play are allowed to occupy the court at the scheduled time.
4. Teams MUST be at their court when their game is ready to begin. A team that is not on the court ready to play within 5 minutes of game time will forfeit, at the discretion of a YMCA official.
5. All games run on the same start and stop time. One horn will sound for the beginning of games and one horn will sound at the end of the 45-minute time limit.

GAME: Games will consist of two (18) minute halves with a continuous clock. Halftime will be approximately 2-3 minutes.

SCORING:

1. A field goal is worth one (1) point. A technical foul or flagrant foul is an automatic one-(1) point for the opposing team and retained possession of the ball. Free throws will count for (1) point.
2. A successful goal from behind the three-point arc is worth two (2) points. The player shooting must have both feet completely behind the line when initiating the attempt.
3. Games are played up to 50 – win by 2, or team ahead after 45 minutes wins. A tiebreaker will have the teams play a 3 minute overtime period. If game is still tied, the game will end in a tie.
(No Score is kept in the 2nd & 3rd grade league)
4. YMCA youth basketball rules apply to all teams. (See below)

2nd & 3rd Grade – League Rules

A junior size basketball will be used for games. Basket height is 8.5ft for 2nd grade and 9ft for 3rd grade.

No press. After a rebound or basket is made, the opposing team must drop back to half court.

Players have 5 seconds in the lane.

Coaches are required to play kids equally.

Stealing is the most complicated issue at these grade levels. We promote good defensive play not slap- happy defense. If an offensive player is holding the ball the defense may tie up the ball in an effort to cause a jump ball, but may be called for a foul in the process. 2nd grade players may steal a loose ball or a passed ball. **2nd grade cannot steal the dribble!** 3rd grade players may steal the dribble as long as they do not commit a foul in the process. As always these are both judgment calls by the official.

Backcourt will be enforced.

Man-to-man defense will be played throughout this level. Please don't have your players sag back into the lane, teach good defensive skills. Refs will be instructed to move players out of the lane so they can play defense correctly. First offense is warning with technical fouls to follow after the warning. When a player is picked, a switch may be made to adjust to the play. The player that switches must stay with that person until that particular play is over. Double or triple teaming will NOT be allowed.

When a player is taking the ball out of bounds, the defender must be 3 feet away.

Bonus situation for free throws shall exist after the seventh team foul of each half. **Bonus will be two free throws.** Intentional fouls are two free throws and the ball out of bounds.

No Score is kept in the 2nd & 3rd grade league

Players can foul out after 5 personal fouls

4TH GRADE LEAGUE RULES

Official 28.5 women's size basketball will be used for games.

Game will start with a jump. All other tie-ups will be alternate possession.

Backcourt will be enforced. Once the offensive team has advanced to the half court line, the over and back line will be extended back to the free throw line extended. The defensive player may follow the offensive player back across the half court line to play defense. Check with the gym supervisor if this applies to your court. (Remember: The back free throw line is now the half court line.)

Teams may play man to man or zone defenses.

Players can press the last two minutes of the second half. Any team ahead by 15 points **may not press.**

Players must play equal time.

Bonus situation for free throws shall exist after the seventh team foul of each half. **Bonus will be two free throws.** Intentional fouls are two free throws and the ball out of bounds.

Players can foul out after 5 personal fouls.

Double / Triple Teaming is Allowed.

Score boards are frozen for the rest of the game once a 20 point lead has been reached.

5th - 8th GRADE LEAGUE RULES

Official 28.5 basketballs will be used.

Games will start with a jump ball. All other tie-ups or other changes of possession will alternate.

Bonus situation for free throws shall exist after the seventh team foul of each half. **Bonus will be 1 and 1 situation.** Intentional fouls are two free throws and the ball out of bounds.

Players can press the last two minutes of the second half. Any team ahead by 15 points **may not press.**

Score boards are frozen for the rest of the game once a 20 point lead has been reached.

Man to man and zone defenses will be allowed. Double / Triple teaming will be allowed.

**ENCOURAGE YOUR PLAYERS TO DEMONSTRATE RESPECT FOR
THEMSELVES, THEIR TEAMMATES, OPPOSING PLAYERS, AND
REFEREES.**

FOULS AND VIOLATIONS:

- YMCA officials will call fouls and violations.
- The Y official and/or Court Monitor may call a technical foul for flagrant fouls. One (1) point is automatically awarded the fouled team and they retain possession of the ball out-of-bounds.
- Continual misconduct or flagrant/intentional fouling will result in immediate dismissal of the guilty player or teams from that particular game. Fighting and/or throwing a punch will not be tolerated under ANY circumstances and will result **in immediate disqualification of that game and the next game. The No Tolerance Policy is in effect for parents, coaches and all fans.**

TIME-OUT AND SUBSTITUTIONS:

1. Each team is allowed one (1) 45-second time-out per game. Clock continues to run.
2. Player substitution is permitted during any dead ball situation.

UNIFORM:

All participants must wear the YMCA Youth Sports jersey while involved in competition. The home team will wear white – visitors will appear second on the schedule and will wear red. Participants may not borrow a jersey from a teammate or any other player involved in a game. Acquiring a uniform is the responsibility of the participant and/or their family. Jersey's may be purchased at the YMCA. There is NO JEWELRY of any kind allowed.