



**YMCA OF GREATER ST. LOUIS**

**YOUTH SPORTS  
Winners  
Basketball  
Rules**

Respect

Caring

Honesty

Responsibility



**“To put Christian principles into practices through programs that build a healthy spirit, mind, and body for all.”**

## **Winners K-2nd Grade Basketball**

This is a non-competitive fun league. The YMCA philosophy of **“everyone plays, everyone wins”** will be followed.

**Court:** Played on a half court with side baskets at 8 ft (optional 9ft Rims for 2<sup>nd</sup> grade League).

**Teams:** 5 vs. 5, each child will play an equal amount of time in keeping with the philosophy of **“everyone plays, everyone wins.”**

**Coaches:** One coach from each team may be on the court at a time.

**Game Length:** Each game will consist of four 8-minute quarters with a running clock.

**Sports Pledge:** “I pledge to play the game the best I can, to be a team player, to respect my opponents and to improve myself in spirit, mind, and body” (must be said before the beginning of each game).

**Missouri High School rules apply considering the following exceptions:**

### **Game Time**

- Each game will consist of four 8-minute quarters.
- The clock will run continuously with the exception of the last minute of the second and fourth quarters. When the clock is running continuously, it will be stopped for team time outs, official’s time outs, and injuries.
- The clock will stop at the 4-minute mark to allow for substitutions. This is not a time-out and players should be substituted quickly. If too much time is elapsing, the official has the option of starting the clock so that we can keep games on schedule.
- A shot clock will not be used. A team should attempt to score in at least 30 seconds. It will be under the official’s discretion to warn teams that are stalling.

### **Half-Time**

- Consists of three minutes and there will be at least a five minute warm-up period in between games.

### **Time Outs**

- Two 45-second time outs per half, no carryovers.

### **3 Point Shots**

- There will be no 3 point shots in this league.

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**Defense**

- Defense can pick up the offense at the designated line. Teams failing to do so will be warned by the official and a teaching moment should take place.
- Teams must play “man to man” defense and will line up at the beginning of each quarter to designate which player to guard.
- Stealing the ball can only occur when the ball is not in a player’s hands.

**Full Court Press/Trapping**

- Pressing and trapping are not allowed in this league.

**Foul Outs**

- No fouls will be kept, but a player continually fouling will be removed and the coach should use this as a teaching opportunity. Moving of feet and not reaching should be stressed in this league.

**Conduct**

- Team coaches are responsible for the conduct of themselves, their fans, and their players. The YMCA strives to create a positive learning experience for all participants. Coaches should always encourage and never discourage. They should be positive and stay away from negative comments and/or remarks.

**Sportsmanship**

- Sportsmanlike behavior is expected from all coaches, players, and spectators at all times. If an individual is asked to stop their unsportsmanlike conduct and they fail to comply, they will be asked to leave the facility. Examples of unsportsmanlike conduct include, but are not limited to: intimidating officials, players, and/or coaches, arguing, taunting, swearing, pushing, and fighting.

**Removals**

- Players, parents and/or coaches who are removed will be out from the current game and will have to sit out their team’s next game. Players and/or coaches who are asked to leave must meet or talk to the Sports Director/Coordinator of their home YMCA before playing or coaching again.

**Uniform**

- YMCA jerseys, shorts, sweats, and gym shoes are the recommended uniform for all participants. Hoop earrings are not allowed. Stud earrings can be worn. Jewelry such as wrist bands, earrings, and necklaces are not prohibited but are strongly suggested for players not to wear.

**Game Ball**

- The game ball will be provided by the YMCA. Junior size ball will be used for play.

**Officials**

- Violations called by the officials will be explained to the player and will go back to the offending team.
- Fouls called by the officials will be explained to the player, but will be a turnover to the opposing team.



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## **Winners 3rd-8th Grade Basketball**

This is a non-competitive fun league. The YMCA philosophy of “everyone plays, everyone wins” will be followed.

**Court:** Played on a full court with baskets at 10ft (3<sup>rd</sup>-4<sup>th</sup> Grade optional to play Cross Court)

**Teams:** 5 vs. 5, each child will play an equal amount of time in keeping with the philosophy of “everyone plays, everyone wins.”

**Game Length:** Each game will consist of four 10-minute quarters with a running clock.

**Sports Pledge:** “I pledge to play the game the best I can, to be a team player, to respect my opponents and to improve myself in spirit, mind, and body” (must be said before the beginning of each game).

**Missouri High School rules apply considering the following exceptions:**

### **Game Time**

- The clock will run continuously with the exception of the last minute of the second and fourth quarters. When the clock is running continuously, it will be stopped for team time outs, official’s time outs, and injuries.
- If one team is ahead by twenty points or more in the *second half*, the clock will not stop on dead balls except for team time outs, official’s time outs, and injuries.
- A shot clock will not be used. A team should attempt to score in at least 30 seconds. It will be under the official’s discretion to warn teams that are stalling. Continued stalling will result in an administrative technical foul.

### **Half-Time**

- Consists of three minutes and there will be at least a five minute warm-up period in between games.

### **Time Outs**

- Two 45-second time outs per half, no carryovers.

### **3 Point Shots**

- All three point shots count as three points.

**Defense**

- Defense can pick up the offense at half court (except for 7<sup>th</sup>-8<sup>th</sup> Grade can play full the whole game). If one team is up by twenty points or more, the defense must fall back to behind the half court line.
- Teams can play “man to man” or zone. A 2-3 or 1-2-2 zone is recommended if a team is winning by twenty points or more. Trapping only allowed in 5<sup>th</sup> grade and higher.

**Full Court Press**

- Teams may full court press in the last two minutes of the game (3<sup>rd</sup>-6<sup>th</sup> Grade).

**Foul Outs**

- Each player is allowed 5 fouls per game. Once they have received their fifth foul, they will be done for the game. Coaches will be told when their players have received their fourth foul.

**Game Ball**

- The game ball will be provided by the YMCA. 3<sup>rd</sup>/4<sup>th</sup> Grade and Girls 5<sup>th</sup>-8<sup>th</sup> Grade will play with a 28.5 basketball and Boys 5<sup>th</sup>-8<sup>th</sup> will use a regulation sized basketball.

**Conduct**

- Team coaches are responsible for the conduct of themselves, their fans, and their players. The YMCA strives to create a positive learning experience for all participants. Coaches should always encourage and never discourage. They should be positive and stay away from negative comments and/or remarks.

**Sportsmanship**

- Sportsmanlike behavior is expected from all coaches, players, and spectators at all times. If an individual is asked to stop their unsportsmanlike conduct and they fail to comply, a technical foul will be given. Examples of unsportsmanlike conduct include, but are not limited to: intimidating officials, players, and/or coaches, arguing, taunting, swearing, pushing, and fighting.

**Technical**

- Players and/or coaches who receive a technical foul will be removed from the current game and will have to sit out their team's next game. Players and/or coaches who receive a technical foul must meet or talk to the Sports Director/Coordinator of their home YMCA before playing or coaching again.

**Uniforms**

- Team jerseys, shorts, sweats, and gym shoes are the recommended uniform for all participants. Hoop earrings are not allowed. Stud earrings can be worn. Jewelry such as wrist bands, earrings, and necklaces are not prohibited but are strongly suggested for players not to wear.