



RECREATIONAL RULES (updated 11/19/16)

	1st/2nd Grade	3rd /4th Grade	5th/6th Grade	7th / 9th Grade
RULES	National Federation of High School Associates (NFHS) and AIA Rules in effect unless noted.			
PLAYER ELIGIBILITY	<p>All players must register with a YMCA branch before being allowed to play. If at anytime you feel like there is a non registered player competing in the league. Please follow the following step:</p> <ol style="list-style-type: none"> 1. Let the officials know that you are protesting the game due to an ineligible player. 2. Get players name from official. 3. Submit in writing to your local YMCA youth sports director your protest. (within 2 days of protest) 4. YMCA staff will determine the eligibility of the player and hand out any disciplinary actions. 5. Players may only play in one team per division. I.E. 1 team in 7-9 rec. and one team in 7-9 Elite. No more than 2 players from elite level may play on any Rec team. Sports Cabinet reserves the right to move teams from rec to elite and vice versa for balance issues. 6. Elite players playing on recreational teams must play a minimum of 3 regular season games with the recreation team to be eligible to play with recreational team in end of season tournament. 7. Players Age/Grade requirments must meet YMCA guidelines. 			
BALL SIZE	27.0 Junior Size	28.5 Int Size	29.5 - Full Size	29.5 - Full Size
COURT SIZE	Half Court or Small Full Court		Full Court if available.	
BASKET HEIGHT	8 Feet	10 Feet	10 Feet	10 Feet
GAME TIME	32 minutes - 4 (8) minute quarters	32 minutes - 4 (8) minute quarters - Clock will stop in the last 2 minutes of the 2nd Half (unless a team is up by 15 points) -Clock will stop on all timeouts during the game.	36 minutes (Running Clock) - 2 (18) minute halves - Clock will only stop in the last 2 minutes of the 2nd Half (unless a team is up by 15 points) -Clock will stop on all timeouts during the game.	

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ROSTERS		<p>Maximum amount of players on a Team Roster is 15</p> <ul style="list-style-type: none"> -Rosters freeze after the 3rd week of games. -Only a head coach may challenge a players eligibility during the tournament. -Challenge must be done before the start of the game. -Any ineligible player may not play in the game. -If they have played in the game being challenged it will be ruled a forfeit. - "Team Fee" registered teams must provide a roster with First Last name and current grade of child. -If a roster can not be produced the game will be a forfeit and no game shall be played. -A Player may ONLY play for one team in an Age/Grade Bracket. 	<p>Maximum amount of players on a Team Roster is 15</p> <ul style="list-style-type: none"> -Rosters freeze after the 3rd week of games. -Only a head coach may challenge a players eligibility during the tournament. -Challenge must be done before the start of the game. -Any ineligible player may not play in the game. -If they have played in the game being challenged it will be ruled a forfeit. - "Team Fee" registered teams must provide a roster with First Last name and current grade of child. -If a roster can not be produced the game will be a forfeit and no game shall be played. -A Player may ONLY play for one team in an Age/Grade Bracket 	<p>Maximum amount of players on a Team Roster is 15</p> <ul style="list-style-type: none"> -Rosters freeze after the 3rd week of games. -Only a head coach may challenge a players eligibility during the tournament. -Challenge must be done before the start of the game. -Any ineligible player may not play in the game. -If they have played in the game being challenged it will be ruled a forfeit. - "Team Fee" registered teams must provide a roster with First Last name and current grade of child. -If a roster can not be produced the game will be a forfeit and no game shall be played. -A Player may ONLY play for one team in an Age/Grade Bracket
PLAYING TIME	The most important part of YMCA Sports is participation. It is the responsibility of each individual coach to see that every participant plays in every game. Please note that coaches may alter playing time based off of players present at game and effort in practice. (Playing time should not be skill based)			
SUBSTITUTION	Substitutions must be made between quarter, during a timeout (ref may call sub timeout) or if an injury occurs. Teams must do a match up before restarting game	Substitutions must be made between quarter, during a timeout (ref may call sub timeout) or if an injury occurs. Teams must do a match up before restarting game	Substitutions may be made between quarters or by checking in at the scorer's table, or if an injury occurs.	

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INJURY	<p>Any player bleeding must leave the game immediately. Player may re-enter the game when bleeding is stopped. If the injured player requires attention on the court they must leave the game. Player may re-enter according to substitution rules. **Players may not re-enter game if there is blood on uniform.</p> <p>HEAD INJURIES: If play is stopped due to a head injury, the player may not return to YMCA activities until medically clear.</p>			
OVERTIME	NO	<p>Regular Season: Maximum 2 Overtime Periods 1st OT three (3) minutes. -Stop time last one (1) minute. -One extra timeout. 2nd OT - Two (2) Minute -Stop time last one (1) minute. NO TIMEOUTS If tied after 2 Overtime periods, games ends in a tie. Post Season: Remains the same for 1st 2 Overtime Period 3rd Overtime is an untimed quarter in which the first team to score is the winner. NO TIMEOUTS</p>		
PRESSING/Back Court Violations	<p>NO. On a short court the referees will identify the mid court line (usually a mid volleyball court line) team can not pick up players until offense crosses this line. If there is no visible line, back court violations (including press) are at the discretion of the referee. Where there IS a visible line, back court violations will be enforced as usual. PENALTY: One warning to the Head Coach. Subsequent: Offense is awarded 2 points and retains possession of the ball.</p>		<p>Yes, LAST 4 MINUTES OF THE GAME EXCEPTION: No pressing is allowed when a team has a 15 or more point lead. Team that illegally press will be given one (1) warning before a technical foul will be given for the each subsequent violation. -No pressing if game is held on non high school size playing courts.</p>	
DEFENSE	<p>Man to Man Only Steal of Pass ONLY. Defense will pick up offense just outside the free throw line. NO PICKS/SCREENS</p>	<p>Man to Man Only Switching to cover another player is allowed Double teaming outside the paint is NOT allowed Any violation of this will result in a 2 shot foul for the offence, where the second shot is live. Coach of offense can select the shooter from any player on the court.</p>	<p>Any</p>	

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DEFENSE CONTINUED/ DOUBLE TEAM	Regarding extreme spread or 4 corners offense: In the spirit of the Man to Man defense, the offense should not gain an advantage over the defense and create a one on one opportunity for the offense. Players are not expected to guard a player that has not come within the 3 point line. Ultimately Officials discretion. Weakside Defenders can display a "one foot in, one foot out" posture in the lane. Rule Violation will result in one warning to the bench, each subsequent violation will result in a two-shot foul, with the second shot being live. Coach may select the shooter from anyone on the court.		Allowed Double teaming is allowed at anytime except for when a team is up by 15 or more points.	
COLORED WRISTBANDS	Optional The colored bracelets may be used as a learning tool to help the players indentify their defensive player and officials to indentify double teaming. Please note that players are allowed to switch and guard players of different colors.	Optional The colored bracelets may be used as a learning tool to help the players indentify their defensive player and officials to indentify double teaming. Please note that players are allowed to switch and guard players of different colors.	Not Used	
SCORING	No score kept	If gym has the capability of keeping score. Records are not kept.		
TIME OUTS	3 per game		(2) Full Time-outs per half with no carry over. - 1 additional Full Time-out will be awarded in 1st overtime. NO Carryover	
FREE THROWS	No. The ball will be taken out of bounds.	Yes Regulation free throw line 15ft. Will be following NFHS rule of: Players lined up in rebound area may enter upon the ball release from shooters hand. The Shooter and any other Players positioned outside the rebound area may not enter from beyond the 3pt line until the ball hits the rim. With these exceptions: Only on shooting fouls. See Bonus rule for exceptions **In 3rd-4th Rec. players are allowed to jump over foul line but are not allowed to move until ball touches the rim. (This is to promote good shooting habits)		

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BONUS	NO	Each non-shooting foul in the last minute of the game will be a 1 and 1. These fouls will not accumulate to double bonus.	A team's seventh (7th) foul per half - Bonus rule (1+1) A team's tenth (10th) foul per half -Two (2) free throws.	
PERSONAL FOULS DISQUALIFICATION	No individual or team fouls will be called unless excessive conduct occurs. No player can foul out, however, if excess fouling occurs, player will be asked to sit down.	- On a player's SIXTH (6 th) Personal Foul he/she is disqualified. - If a player is assessed a Flagrant Foul, he/she is disqualified. - If a player is assessed a Technical Foul, he/she is also assessed a Personal foul. - If a player is assessed two (2) Technical Fouls in one game, he/she is disqualified.	- On a player's fifth (5 th) Personal Foul he/she is disqualified. - If a player is assessed a Flagrant Foul, he/she is disqualified. - If a player is assessed a Technical Foul, he/she is also assessed a Personal foul. - If a player is assessed two (2) Technical Fouls in one game, he/she is disqualified.	
DISCONCERTION	The YMCA's core values make it so that unsportsmanlike behavior will not be tolerate. We ask that when a players is attempting a free throw that all players on the court and bench along with all coaches remain silent. If an official determines that disconcertion of the free throw shooter has occurred they will re-shoot the free throw. If they have any further issue after that unsportsmanlike technical's will be given. This is a judgment call by the official and is final. We ask that fans remain silent during free throws and thus will be treated like participants under the rules of the game.			
TECHNICAL FOUL	If a player is assessed a Technical Foul, he/she is also assessed a Personal Foul. ALL TECHNICAL FOULS will result in the opposing team receiving an automatic 2 points and receiving the ball at mid-court. <ol style="list-style-type: none"> 1). Unsportsmanlike conduct. 2). Delay of game. (FIRST OFFENSE IS WARNING) (2ND OFFENSE) 3). Team charged with an extra time out. 4). Player participating after charging his/her number without reporting it to the official scorekeeper. 5). Substitute entering the court without properly reporting to the scorekeeper. 6). Coaches, players, team member or fan disrespecting an official at any time. 7). Substitute entering the court without his/her correct name and number appearing in the scorebook. 8). Profanity. 9). Fighting. 			

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Flagrant Foul An Intentional Foul	If a player is assessed either one of these fouls, he/she is also assessed a Personal Foul and it will result in the opposing team receiving an automatic 2 points and receiving the ball at mid-court.			
FIGHTING	If any player, coach, or spectator throws a punch before, during or after a game, that individual will be removed from the gym immediately and is not allowed to return to the league until after meeting with a YMCA sports director. At a minimum, a coach or player will receive a one-game suspension. If the fighting occurs during the game, each individual involved will receive a Technical Foul and will be immediately ejected from the game.			
EJECTION	A coach, team member or bench personnel receiving two (2) technical fouls shall be ejected from the game. - Official and league directors reserve the right to remove spectators from the gym at any time for behavior that is not conducive to good sportsmanship. - Any player, coach, or parent that is ejected from a game will be suspended for the next game and upon review of the YMCA and may be subject to further disciplinary action.			
COACHES & COACHING BOX	<ul style="list-style-type: none"> - No more than two (2) coaches permitted in the bench area. - Only the Head coach is permitted to stand. - Coach must remain in the 8' coach's box. <ul style="list-style-type: none"> 1st Violation: Warning. 2nd Violation: Technical Foul. - Coaches are responsible for all assistant/substitute coaches and parents. - Only team members are permitted on the bench and must remain seated. - All coaches must remain seated. - Coach shall not abuse or mistreat officials at anytime. - After 1st Technical Foul has been assessed to any coach, all coaches must remain seated. 			
CODE OF CONDUCT	Coaches are responsible for the conduct of their players, parents, coaches and fans. The coach must set the tone for positive behavior from the kids and parents. The team will look at the coach as a role model and will generally replicate what the coach does. Technical Fouls can be given out for fan behavior, unsportsmanlike conduct (pressing when team is up by 15 points or more) or for player behavior or conduct.			
SCOREBOOK	<p>Coaches need to provide line-ups to the scorekeepers at least five (5) minutes prior to game time.</p> <ul style="list-style-type: none"> - Also each team is required to supply an individual to keep his/her own team's scorebook. -There is a limit of 12 players per game. 			

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LATE POLICY	<p>-It is imperative for games to start on time. Nevertheless, there is a 10 minute grace period for the start of the game if a team does not have at least 4 players.</p> <p>- After the original start time and the before the 10 minute grace period ends, it will be considered a regulation game if a team shows or has at least 4 players with the following changes:</p> <ol style="list-style-type: none"> 1) Game will be counted as an official game. 2) (4) 6 minute quarters or (2) 12 minute halves 3) 30-second intermission between quarters. 4) 1 minute half-time intermission. 5) Teams can start with 4 players <p>- If after the 10 minute time period a team is unable to start 4 players the game is considered a forfeit and will not be rescheduled.</p>			
NO SHOW POLICY	<p>-Make every effort to show-up for your game.</p> <p>- If your team does not have at least 4 players, that game will count as a loss and will not be rescheduled. However, we encourage you to collaborate with opposing coach to allow for a game to be played.</p> <p>If a team is a no-call, no-show during the postseason tournament that team will forfeit all their games scheduled for that day.</p>			
POST SEASON TOURNAMENT	NO	<p>YES</p> <p>The following guidelines must be met for my team to be eligible for the post season tournament:</p> <ol style="list-style-type: none"> 1. No more than one (1) ejection of people associated with the team (coaches, players, parents, etc) per season. 2. No more than two (2) forfeits in a given season. 3. Playing only players that are on their official YMCA roster 4. Are responsible for their own property they bring into gymnasiums (balls, bottles, bags, etc) 5. Identified as having good sportsmanship by YMCA staff and volunteers. 6. Exhibiting the Character Values of Caring, Honesty, Respect, and Responsibility. 		