

Waco Family YMCA YOUTH BASKETBALL RULES
9-10 Year Old
LEAGUE RULES

The "Y" believes in its philosophy of "Athletes first, winning second." Our Youth Sports Program is designed for all participants to grow in the areas of sportsmanship and physical fitness, as well as self-control, team effort, and skill development. The following rules incorporate our philosophy into our Youth Basketball Program.

1. If there are 6 players then open substitution will be allowed throughout the entire game. If there are 7 players or more then open substitution will only be allowed during the 4th quarter. Each player must play 2 complete uninterrupted quarters.
2. Coaches are expected not only to balance playing time but also to involve all players in the offense; every player should get a chance to dribble and shoot in every game. Your goal as a coach should be for every player to score a basket during the season and this should be your measure of success, not your win-loss record.
3. **The score will be kept but should not be emphasized (the YMCA reserves the right to discontinue to keep score if it persists to be a problem).**
4. League standings will not be kept.
5. The referee is an extension of the coach and is instructing as well as encouraging the children. Coaches may discuss disagreements with the referee between quarters, at time outs, and at half time. If any player, coach, or parent insists on arguing with the referees, a technical foul may be called. The only time a coach is permitted on the playing court is in case of an injury, or with the permission of the referee. Coaches must remain on their half of the side-line. Please keep in mind the YMCA philosophy and remember that yelling at the officials is not a value we want to teach our children.
6. Any concerns about the league by coaches, players, or parents should be discussed with the league coordinator.
7. The goal height is 10 feet and the ball is the official size ball.

GAME RULES

1. A jump ball will be used to start the game. In case of tie-ups during the game, teams will alternate possession.
2. Games are composed of four 8-minute quarters (clock will stop on every whistle).
3. Each team has 2 time outs per half (Time outs are not cumulative). Time outs must be called on the floor. To call a time out, a team must have possession of the ball, or have a dead ball situation. Coaches may call the time out for the team.
4. The time allowed between quarters is one minute, for time outs one minute, and between halves 3 minutes.
5. Teams may choose any defense. Defenses will pick-up at half court. If a team rebounds and attempts to fast break, then the defense may pick up the dribble or interrupt a backcourt pass. If a team rebounds and does not attempt to fast break the defense must drop back to half-court. A fast break will be left up to the judgment of the official.
6. Teams may press (full court) in the last 3 minutes of the 4th quarter. If a team is up 20 or more points than only the losing team will be allowed to press
7. Backcourt violations will be called.
8. The ten-second rule will be in effect when bringing the ball up the court. 5 second Lane violations will be called at the discretion of the official.
9. Each player will be allowed 5 personal fouls per game. On the 7th team foul in each half a 1 and 1 bonus free throw will be in effect. On the tenth foul the team will shoot the double bonus. If a player is fouled in the act of shooting they will be awarded 2 free throws. Free throws will be taken 2ft. inside the free-throw line. If the child steps on or over the line before the ball touches the rim a violation will be called.
10. If a game ends in a tie, there will be **one** 2 minute overtime session. The OT session will follow the same rules as the regulation game (clock/pressing rules). One 30 second timeout per team will be allowed during the OT session. If the game is still tied, the tie will stand. The game should end with both teams shaking hands.
11. All field goals will be counted as 2 points; a 3-point basket will be counted as two points.
12. A player receiving a technical, intentional, or flagrant foul must leave the game for the remainder of the quarter. The quarter they are disqualified from will count as one of their quarters of playing time.

13. A player arriving to the game late may lose a quarter of their playing time. (Decision will be left up to the coaching staff).
14. Calls such as travelling, double dribbling, and carrying the ball will be enforced more strictly as the season progresses and may vary according to individual skill level.

Technical Fouls

1. Excessive criticism of the officials from coaches or players will not be tolerated. A warning will be issued followed by a technical foul.
2. Two technical fouls in one game is an ejection and suspended the next game, three technical fouls in a season will result in suspension for the remainder of the season
3. Spectators will be giving a warning then the coach will be asked to talk to them and if spectator is still unruly they will be asked to leave gym/school immediately.