



YMCA Fast Break League Rules

Facility Policies

- Please observe that all YMCA grounds & facilities and league gyms are SMOKE-FREE, TOBACCO FREE, ALCOHOL-FREE, and PET-FREE zones.

Gym Rules

- Be advised that the YMCA is not the owner of all of the leased gyms, so we ask that you be respectful at every facility/gym/game location of such equipment and property. Please remind parents to keep their children under control and to respect every gym facility. Team managers/coaches are expected to monitor the sportsmanship and behavior of the coaching staff, players, and parents. Teams are responsible for picking up trash in and around team and fan benches. Facilities are ONLY to be used for basketball games, not a place to see or be in everything.

Equipment

- Every team is responsible for providing all of the equipment it needs to participate, including jerseys, water, basketballs, and other needed equipment. A game ball will be selected by a referee from one of the involved teams. No jewelry (necklaces, earrings, watches, medal hair devices, etc.). Shirts/jerseys must be tucked in.

Ball Size

- A 28.5 women's basketball will be used for all games.

Rim Height

- 3rd grade boys and girls will play with 9 foot hoops. 4th-6th grade will play with 10 foot hoops. Should 3rd & 4th grade teams play one another, 3rd grade will play on a 9 foot hoop, and 4th graders will play on a 10 foot hoop and go the same direction the whole game.

Number of Players

- Games will be played 5v5. Teams may play with 4 players in case of an emergency.

Game Times

- Grades 3 & 4: Games will consist of two, 16 minute halves. The clock will only stop on timeouts, injuries, mass substitutions, and the final minute of each half and overtime.
- Grades 5 & 6: Games will consist of four, 8 minute quarters. The clock will only stop on timeouts, injuries, mass substitutions, and the final minute of each quarter and overtime.

Jerseys

- Numbered jerseys are not required but are strongly recommended. Home team will wear white and the visiting team will wear dark. Teams must provide their own jerseys.

Rules

- All rules may be altered should both coaches agree and communicate with the officials.

Coaches

- Teams are allowed to have a maximum of 2 coaches on the team bench. When too many coaches are involved, it creates too much chaos and limits the opposing coaches from coaching their team.

Overtime

- Grades 3 & 4: Overtime will consist of 2 minutes. There will be no second overtime.
- Grades 5 & 6: Overtime will consist of 3 minutes. There will be no second overtime.

Timeouts

- Grades 3 & 4: Teams will be given 1, 60 sec. timeout per half, no carryover. 1 timeout in overtime.
- Grades 5 & 6: Teams will be given 2, 60 sec. timeouts per half, no carryover. 1 timeout in overtime.

Fouls

- Every player will be allowed 5 personal fouls before becoming disqualified. Teams will shoot a 1-1 free throw at 7 team fouls and 2 free throws at 10 team fouls.
- All fouls in the final minute of each quarter/half/overtime will be an automatic 2-shot foul.

Free Throws

- Grade 3: Will shoot free throws from 10 feet, give or take.
- Grades 4-6: Will shoot free throws from 15 feet.

Halftime

- All halftimes will be 5 minutes in length.

Offense/Defense

- All divisions are recommended (except 3rd grade) to play man defense. Zone defense prohibits the kids from learning the fundamentals of defense and promotes ball-watching.
- Grade 3: Teams **must** play man defense and be inside the 3-point arc. 3-point shots are not allowed to prevent poor shooting technique. The purpose of these rules is to give the offense and defense opportunities to develop.
- Grades 4 - 6: Teams may only press up to half court and play either man or zone.
- There will be no full-court press.
- Should a 3rd grade team play a 4th grade team, both teams must play defense inside the 3-point line.

Clock

- Every grade will have 10 seconds to advance the ball past halfcourt or a 10-second violation will occur.
- Grade 3: Under 1 minute, the clock will start when the ball crosses halfcourt. Once the ball has crossed halfcourt, teams must attempt to penetrate the 3-point arc within 15 seconds.
- Grades 4-6: Under 1 minute, the clock will start when the ball crosses halfcourt.

Scoreboards

- Grades 3 & 4: Scoreboards will not reflect more than a 15 point margin.
- Grades 5 & 6: Scoreboards will not reflect more than a 20 point margin.

Clock & Scoresheet Operator

- Each team will provide a responsible person to run the clock/scoreboard **and** scoresheet.