



YMCA Hoops 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.

Schedule

Teams will play a minimum of 8 games in 4 weeks (excluding the week of Thanksgiving). Most games are scheduled back-to-back or with one game in between.

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-7th grade will play with 10 foot hoops.

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 stop on timeouts, injuries, mass substitutions, and the final minute of each half and overtime.

Grades 5-7: Games will consist of four, 8 minute quarters. The clock will stop on timeouts, injuries, mass substitutions, and the final minute of each quarter and overtime.

Overtime

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

Grades 5-7: 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 5-7: Teams will be given 2, 60 sec. timeouts per half, no carryover. 1 timeout in overtime.

Fouls

Every players 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.

Halftime

All halftimes will be 5 minutes in length.

Defense

Grade 3: Teams **must** play defense inside the 3-point arc and play man or zone.

Grades 4 - 5: Teams may only press up to half court and play either man or zone. For 4th grade, teams will be required to play defense inside the 3-point line when ahead by 10+ points.

Grades 6 & 7: Teams may only full court press up to a 20 point lead and play man or zone.

Scoreboards

Grades 3 & 4: Scoreboards will not reflect more than a 15 point margin. Keep track of points beyond a 15 point lead.

Grades 5-7: Scoreboards will not reflect more than a 20 point margin. Keep track of points beyond a 20 point lead.

Clock & Scoresheet

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