

Jr. Bronco 5v5 Basketball Rules



YMCA GOAL

- The YMCA goal is to give every child between the grades of 3rd-6th a chance to play basketball. To teach basketball skills, sportsmanship, working together as a team: promote new friendships, positive family interactions and to have FUN.

SPORTSMANSHIP

- Coaches are directly responsible for team members before, during, & after the game.
- If the referee or supervisor witnesses any acts of elbowing, cheap shots, or unsportsmanlike conduct- the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**
- Any trash talking or taunting which is intended to embarrass, ridicule, or demean others under any circumstance will not be tolerated. First offence is a warning; the second offense is ejection from the game.

COACH CONDUCT:

- Coaches are expected to adhere to YMCA philosophies, coaching guidelines, codes of conduct, and hold themselves with utmost integrity.

PRACTICES

- Practice will be scheduled by the coach in conjunction with team members. Teams practice once a week for approx. 1 hour. During the first week, teams are allowed to practice 2 times before their first game.
- Coaches will pick a practice time and plan on practicing at the same time every week at the 16th St. YMCA.

EQUIPMENT:

- All participants will receive a Jr. Bronco jersey—jerseys must be tucked in during play.
- Practices will be held at the 16th St. YMCA. Balls will be available for practice.
- Athletic shoes are recommended.
- A volunteer from each team is required to run the scoreboard AND the scoresheet.

TEAM SIZE:

- 5v5 — 7 - 9 players per team
- The YMCA emphasizes equal participation. Please allow players to play different positions and play at least half of each game.

START OF GAME:

- The game is started with the players/coaches meeting with the referee at half court and going over the sports pledge.
- All games will begin with a jump ball at midcourt.
- After the jump ball, next possession will be determined by the alternating possession arrow.

SUBSTITUTIONS:

- All substitutions will be made on a dead balls. Coaches must get the attention of the officials for substitutions.

BALL SIZE:

- 3rd-4th Grade will play with junior size ball (27.5)
- 5th-6th Grade will play with women's size ball (28.5)

FREE THROW:

- 3rd-4th: 12 feet
- 5th-6th: 15 feet

BASKET HEIGHT:

- 3rd-4th: 9 feet
- 5th-6th: 10 feet

TIME:

- 3rd-4th: Two, 16 minute halves. Running clock except for timeouts, injuries, and mass substitutions. Clock stops only the last minute of each half. 5 minute halftime. No overtime.

- 5th-6th: Four, 8 minute quarters. Running clock except for timeouts, injuries, and mass substitutions. Clock stops only the last minute of each quarter. 5 minute halftime. No overtime.

TIMEOUTS:

- Teams are given 2 timeouts per half- no carry over. All timeouts will be 60 seconds.

SCORING:

- 3rd-4th Grade score will NOT be kept.
- 5th-6th Grade score WILL be kept up to a 20 point lead.

FOULS:

- 3rd-4th: Fouls will not be recorded. Free throws for shooting fouls (2 or 3 shots if missed) and "and-1" fouls (1 shot if the shot is made in the act of shooting).
- 5th-6th: Individual and team fouls will be recorded. Free throws for shooting fouls (2 or 3 shots if missed) and "and-1" fouls (1 shot if the shot is made in the act of shooting). Teams will shoot in the bonus at 7 team fouls (1&1) and at 10 team fouls (2 shots).

LANE VIOLATIONS:

- 3rd-4th Grade score will NOT have lane violations.
- 5th-6th Grade score WILL have lane violations of 3 seconds.

10 SECONDS:

- All grades will have 10 seconds to advance the ball past half court.

OVER & BACK:

- 3rd-4th Grade rule does not apply. Teams may go into the backcourt, but only to retrieve a ball. A technical foul (2 shots and the ball) will be called if teams use the backcourt to stall.
- 5th-6th Grade rule will apply. Players only commit an over & back violation after completely establishing themselves in the frontcourt.

DEFENSE:

- 3rd-4th: Defense must play inside the 3 point arc and can play man or zone defense. Offense must attempt to penetrate the 3 point line within 5 seconds or a turnover will occur.
- 5th-6th: Pressing is not allowed. Teams may begin defense at half court. Man or zone defense is allowed.