



# MCPHERSON FAMILY YMCA K-3RD GRADE YOUTH BASKETBALL RULES

McPherson Family YMCA basketball leagues focus on fundamentals and new skill development. All participants play a minimum of half of each game. Teams are put together by the YMCA.

1. Each game will consist of two 15 minute halves with 5 minutes at half time. The game clock will stop only for timeouts and free throw attempts.
2. Teams will alternate possession on jump ball situations.
3. Once a player gains control in the back court, or after a throw-in, the defensive team must go to the **FREE THROW LINE** on the other side of the court and allow the offensive team to dribble down the court. Full court pressing is never allowed. After the ball has crossed the free throw line, the defensive players may cover their opponents anywhere on the floor. There is no back court rule.
4. The rookie size ball (25.5) will be used for K-1 and the junior ball (27.5) will be used for 2-3. The goals will be lowered to 8' 6".
5. The free throw line will be shortened to 12' for 2nd-3rd and 10' for K-1st. Three-second lane violations will not be enforced. 5 second rule will only be enforced in the 2-3 league.
6. All teams will shoot free throws when fouled during the act of shooting. There be no accumulation of team fouls, teams will only shoot free throws when fouled in the act of shooting.
7. No player may play the entire game. Even the highly skilled players need rest during a game to analyze the other team, and to think about how to play better and help the team. It is the coach's responsibility to substitute fairly.
8. Each player must play at least half the game. All players will have a chance to learn and have fun, regardless of the player's experience or ability.
9. Substitutions can be made only during timeouts and between quarters. Please make certain all players have equal time each game by planning ahead. 2nd-3rd graders must check in at the timekeeper's table before entering the game.
10. Regular basketball rules (traveling, double dribble, etc.) will apply, but will be called in loose form. The idea of this league is to teach the fundamentals of basketball and good sportsmanship. Referees may and are encouraged to instruct the players after making a call. Judgment calls by referees are final.
12. Poor sportsmanship by coaches, players, or spectators will not be tolerated. Players may be forced to sit out of the game. Coaches, players and spectators may be asked to leave the gym.
13. A team must have at least three players to start a game. Only those signed up for the league are allowed to play.
14. Clear-out offenses are not allowed. Pressing or half-court trap defenses are not allowed.
15. Score or league standings are not kept in the league.
16. Each team will be awarded one time out per half.
17. Dark-soled shoes are not allowed on the gym floor.
18. Food and drinks are not allowed in the gym and hallway. Players may have a water bottle with lid at the bench.
19. K-1st grade league is very instructional; therefore, coaches will be allowed on the court during game play, and they will be in charge of officiating their own games with minor assistance of a referee. This will enable teams to best follow their coaches instruction, and play in an organized manner.
20. Dress: Every player must wear the t-shirt given as a jersey. **Jewelry and metal hair pieces are not allowed.** If worn to the game, they must be taped or taken out.

**Each official and volunteer coach is responsible to contact the Program Director if any conflict should arise.**