



# 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 will play on 8' hoops.
- 4th grade will play on 9' hoops.
- 5th-8th grade will play on 10' hoops.

## Format

- Grades 3 & 4: The first two weeks of the league, games will be 3v3. The last two weeks will be 5v5. Teams will register as one team as if playing in a 5v5 only league. 3v3 will see teams split the court, with 3 players playing on one hoop and 3 players playing on a different hoop, with subs as needed. The opponent will do the same thing. A coach on each side will be needed.
- Grades 5-8: Games will be played 5v5. Teams may play with 4 players if necessary.

## 3v3 Game Play

- On every change of possession, the ball must be taken back behind the 3-point line (one foot must touch the line).
- After made baskets and dead balls (including out-of-bounds), the offense must "check" the ball with the defense at the top of the key before the offensive possession may begin.
- The offensive player who receives the "checked" ball may not shoot and only pass to a teammate but can dribble.
- Substitutions will be on dead ball situations.
- Free throws will be like normal.

## 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 5-8: 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.

## Coaches

- Teams are allowed to have a maximum of 2 coaches on the team bench.  
3v3 games will require a coach on each end of the court, one with each team.

## Overtime

- Grades 3 & 4: Overtime will consist of 2 minutes. There will be no second overtime.
- Grades 5-8: 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 5-8: 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 & 4: Will shoot free throws from 10 feet, give or take.
- Grades 5-8: Will shoot free throws from 15 feet.

## Halftime

- All halftimes will be 5 minutes in length.

## Offense/Defense

- Grades 3 - 5: Man defense is required. Zone defense is not allowed.  
3rd grade may require defense inside the 3-point line if teams are struggling to run an offense. This can be established between the coaches and the officials.  
Teams may only press up to half court.
- Grades 6 - 8: Teams may only full court press up to a 15 point lead and play man or zone.

## Clock

- Every grade will have 10 seconds to advance the ball past halfcourt or a 10-second violation will occur.
- Grades 3 - 5: Under 1 minute, the clock will start when the ball crosses halfcourt.

## Scoreboards

- 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.