

# Elmhurst YMCA Youth Basketball League

## Rules & Regulations 2020



### GAME TIME

- Each game will be about 45 minutes long with two 20 minute halves, and a 3 minute halftime
  - **Running Clock (except last minute each half)**
    - The clock will stop only for timeouts, rotations, and injuries during the game.
- Exception:** The clock will be stopped in the last minute of each half for all dead balls.

### TIMEOUTS

- Each team will be allowed 2 one minute timeouts per half

### TIME PERIODS (Player Rotations)

Each game will be divided into eight (8) equal five (5) minute time periods. The Referee and Time Keeper will stop the clock every 5 minutes to allow for player rotations. There will be a 60 second timeout between player rotations.

### BASKETBALL SIZE

- 2<sup>nd</sup> and 3<sup>rd</sup> grade all genders: **Junior basketball (27.5")**
- 4<sup>th</sup> and 5<sup>th</sup> grade all genders; 6-8<sup>th</sup> grade girls: **28.5**
- Boys 6<sup>th</sup>- 8<sup>th</sup>, and High School: **29.5**

### BASKET HEIGHT

- 2<sup>nd</sup>-3<sup>rd</sup> grade: 9-foot basket
- 4<sup>th</sup>-12<sup>th</sup> grade: 10-foot basket

### PLAYER ROTATIONS

#### **Even Playing Time**

There are five (5) players on the court and eight (8) Time Periods per game. If the number of players available CAN be divided into 40 evenly, then each player must play an even amount of Time Slots.

If a player gets hurt before the 2.5 minute mark of their 5 minute period there time will not count towards a period played.

#### **Uneven Playing Time**

If the number of players available CAN'T be divided into 40 evenly, then each player must play an even amount of Time Slots designated below with four (4) or five (5) of these players playing one (1) additional time slot each determined by the rules below.

### SCORING

Once a specific point threshold has been reached the scorer's table will stop adding points for the Team ahead until the Team behind scores, continuing to not increase the point threshold between teams.

- 2-3<sup>rd</sup> grade: 15 points
- 4-8<sup>th</sup> grade: 20 points
- 9-12<sup>th</sup> grade: 30 points

### VIOLATIONS

#### **Backcourt Rule**

- The ball must be brought across half court within 10 seconds.

## **OVERTIME (Excluding 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> grade)**

### **Regular Season**

- a) There will be only one two (2) minute overtime during regular season, each team will receive (1) 30-second timeout; the clock will stop during dead balls
  - Teams may start a line-up of their choosing
- b) Sudden Death OT -There is NO Sudden Death OT in the regular season.

### **Overtime - Playoffs**

- a) There will be only one two (2) minute overtime during playoffs, each team will receive (1) 30-second timeout
  - Teams may start a line-up of their choosing
- b) Sudden Death OT -The first basket made wins (this includes free-throws).
  - Teams will need to play players that did not play in the overtime period.

## **TECHNICAL FOULS (Excluding High School)**

If a Technical Foul is called on a player or a coach,

- 2 points will be awarded to the opposing team and possession out of bounds.
- **Players that receive a technical foul will be ejected from the game. A coach that receives two technical fouls will be ejected from the game.**
- **An ejection from a game will lead to sitting the following game. If a player or coach that has been ejected from 2 or more games is subject to further discipline.**
- **Slamming to ball down is an automatic technical foul at ALL LEVELS.**

## **Technical Foul (High School)**

If a Technical Foul is called on a player or a coach,

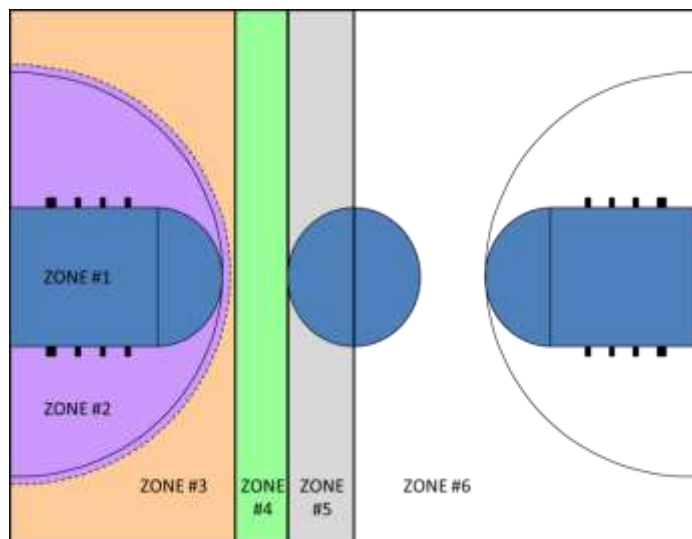
- o 2 points will be awarded to the opposing team and possession out of bounds.
- o Any player or coach that receives a technical foul will be required to meet with the Sports Director before they will be able to return to playing or coaching.
- o **Players/coaches that receive two technical fouls will be ejected from the game.**
  - **An ejection from a game will lead to a decision from the Sports Director regarding further punishment. If a player or coach that has been ejected from 2 or more games is subject to further discipline.**
- o **Coaches should get a warning about calling a timeout when all have been used**

## Modifications Per Grade

### 2<sup>nd</sup> & 3<sup>rd</sup> grade



**DEFENSE RULES** – Man to Man Defense must be played at this level.



#### Defense Setup

Periods 1-7: The **team on defense** must drop all the way back to within one step of the **three point line** (zone #1 and #2). Only once a defender's offensive player has touched the ball in zone 3 they may pick up their defender.

Periods 8 & Overtime: The **team on defense** must drop all the way back to within one step of the **three point line** (zone #1 and #2) until the offense has brought the ball across half court. A defender may come out and defend their offensive player in zone #3, #4 and #5 only if they have touched the ball.

**Penalty:** One warning per Time Period. After that, the penalty shall be 1 pt. awarded to the offensive team and they will keep possession.

The **team on offense** should not "delay" moving the ball from zone #5 and #4 (3 – 5 seconds) into zone #3 (pass or dribble) before attempting to score the basketball except for final seconds of half/game.

**Penalty:** One warning per Time Period. Then, the penalty shall be loss of possession.

#### Stealing

For 2-3<sup>rd</sup> grade players are NOT allowed to steal the ball from the opposing team (i.e. while a player is drilling, or holding onto the ball. Defensive players are allowed to steal passes after the ball has been released from the passers hands.

#### Double Team

A team may double team an offensive player **ONLY when the player is in the lane (Zone #1)**. At no other point may the defensive team double team an offensive player.

**Penalty:** One warning per Time Period. After that, the penalty shall be 1 pt. awarded to the offensive team and they will keep possession.

#### Press Rule

##### a) Full Court Press

Once a team has established possession in the backcourt, they must be allowed to move the ball past the centerline unguarded. **(NO FULL COURT PRESS)**

##### b) Half-court TRAP - no Half-court trap allowed throughout the season.

## **VIOLATIONS**

Any rule not specified will follow the IHSA rules.

### **Lane Violation (5 Seconds – modified 3 second rule)**

- The 5 second lane violation will initially be instructed and then enforced. The Ref should instruct the player to exit the Lane after 5 seconds and call a violation after another 3 seconds. This is for each occurrence.

## **FOULS**

The scorekeeper designated for each game will keep a record of fouls committed by each team for each half. A player will "foul out" of a game after 5 personal fouls.

### **Foul Shots**

- Foul shots will NOT occur during the game.

### **Shooting Foul**

- Fouls committed on a player during the act of shooting will result in 1 pt. awarded to offense and possession at half court (in the front court).

### **Non-Shooting Foul**

- Fouls made in non-shooting situations will result in possession for the offense at half court.

### **Bonus**

The game scorekeeper is to track the fouls by team and notify the referee when a team is in the bonus situation. The bonus situation will be modified to (10 team fouls = Single Bonus) and (15 team fouls = Double Bonus) per half.

#### a) Single Bonus (10 Team Fouls)

**Penalty:** Once the Single Bonus is reached the penalty shall be 1 pt. awarded to the offensive team and they will keep possession.

#### b) Double Bonus (15 Team Fouls)

**Penalty:** Once the Double Bonus is reached the penalty shall be 2 pts. awarded to the offensive team and they will keep possession.

## **OVERTIME**

### **Regular Season**

- a) There is NO overtime or sudden death in the regular season.

### **Playoffs**

- a) 2<sup>nd</sup> grade - There is NO overtime or sudden death in the playoffs.

#### b) 3 & 4th grade

There will be one (1) overtime in the playoffs. No sudden death in the playoffs.

- There will be one, two (2) minute overtime
- Teams may start a line-up of their choosing for the first OT and then a new line-ups must be established for following OTs.
- Each team will be awarded one 30-second timeout for the duration of the overtime.

## 4<sup>th</sup> & 5<sup>th</sup> grade



### DEFENSE RULES

**Defense** -Any defense may be played at this level.

#### **Press Rule**

a) First Three (3) Weeks: NO FULL COURT PRESS

b) Week #4 and beyond: Press Allowed

Full Court Press will be allowed in the **last two minutes** of each half.

However, once a team achieves a **10-point lead**, no Full Court Press will be allowed until the lead falls under 10 points.

### VIOLATIONS

Any rule not specified will follow the IHSA rules.

### FOULS

The scorekeeper designated for each game will keep a record of fouls committed by each team for each half. A player will "foul out" of a game after 5 personal fouls.

#### **Foul Shots**

Foul shots will NOT occur during the game.

#### **Shooting Foul**

Fouls committed on a player during the act of shooting will result in 1 pt. awarded to offense and possession of the ball

#### **Non-Shooting Foul**

Fouls made in non-shooting situations will result in possession for the offense except when in the Bonus

#### **Bonus**

The bonus situation will be (7 team fouls = Single Bonus) and (10 team fouls = Double Bonus) per half.

a) Single Bonus (7 Team Fouls)

**Penalty:** Once the Single Bonus is reached the penalty shall be 1 pt. awarded to the offensive team

b) Double Bonus (10 Team Fouls)

**Penalty:** Once the Double Bonus is reached the penalty shall be 2 pts. awarded to the offensive team and they will keep possession.

## 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade



### DEFENSE RULES

Defense - Any defense may be played at this level.

#### Press Rule

a) First Two (2) Weeks: NO FULL COURT PRESS

b) Week #3 and beyond: Press Allowed

Full Court Press will be allowed throughout the entire game. However, once a team achieves a **10-point lead**, no Full Court Press will be allowed until the lead falls under 10 points.

### VIOLATIONS

Any rule not specified will follow the IHSA rules.

### FOULS

#### Foul Shots

Foul shots will only occur during the final one (1) minute of each half and during the full Overtime.

#### Shooting Foul

Fouls committed on a player during the act of shooting will result in 1 pt. awarded to offense and possession of the ball except during the final one (1) minute of each half.

#### Non-Shooting Foul

Fouls made in non-shooting situations will result in possession for the offense except when in the Bonus and during the final one (1) minute of each half.

#### Bonus

The bonus situation will be (7 team fouls = Single Bonus) and (10 team fouls = Double Bonus) per half.

a) Single Bonus (7 Team Fouls)

**Penalty:** Once the Single Bonus is reached the penalty shall be 1 pt. awarded to the offensive team and they will keep possession except in the final minute.

b) Double Bonus (10 Team Fouls)

**Penalty:** Once the Double Bonus is reached the penalty shall be 2 pts. awarded to the offensive team and they will keep possession except in the final minute.

# High School



## DEFENSE RULES

Defense -Any defense may be played at this level.

### Press Rule

Full court press will be allowed all season.

- However, once a team achieves a **15-point lead**, no Full Court Press will be allowed until the lead falls under 15 points.

## VIOLATIONS

Any rule not specified will follow the IHSA rules.

## FOULS

### Foul Shots

Foul shots will only occur during the final one (1) minute of each half and during the full Overtime.

### Shooting Foul

Fouls committed on a player during the act of shooting will result in 1 pt. awarded to offense and possession of the ball except during the final one (1) minute of each half.

### Non-Shooting Foul

Fouls made in non-shooting situations will result in possession for the offense except when in the Bonus and during the final one (1) minute of each half.

### Bonus

a) Single Bonus (7 Team Fouls)

**Penalty:** Once the Single Bonus is reached the penalty shall be 1 pt. awarded to the offensive team and they will keep possession except in the final minute.

b) Double Bonus (10 Team Fouls)

**Penalty:** Once the Double Bonus is reached the penalty shall be 2 pts. awarded to the offensive team and they will keep possession except in the final minute.

### Technical Foul

If a Technical Foul is called on a player or a coach,

- o **2 points** will be awarded to the opposing team and possession out of bounds.
- o **Any player or coach that receives a technical foul will be required to meet with the Sports Director before they will be able to return to playing or coaching.**
- o **Players/coaches that receive two technical fouls will be ejected from the game.**
  - **An ejection from a game will lead to a decision from the Sports Director regarding further punishment. If a player or coach that has been ejected from 2 or more games is subject to further discipline.**