

YOUTH ROOKIE PLUS BASKETBALL RULES & GUIDELINES

I. General

A. The YMCA Rookie Plus program focuses on skill development, fun, and a sense of team in a semi competitive environment. Scores and standings will be kept. Our rules have been adjusted to ensure better parity and limit the ability of a team to “run up the score”. Players will be ensured to play half the game. Coaches have the ability to sub any player in the last 4 minutes (1st/2nd, 3rd/4th, and 5th/6th) of each game.

B. Except where otherwise noted in these rules, National Federation Rules (High School) shall govern competitions in YMCA youth basketball leagues.

C. Divisions are determined by the player’s grade as of August 15, 2023.

***The Y reserves the right to adjust divisions based on player enrollment.**

II. Coach/Parent/Player Expectations

A. Late Policy: It is imperative for games to start on time. Nevertheless, there is a 5 minute grace period for the start of the game if a team does not have at least 5 players. Teams can start with 4 players. If after the 5 minute time period a team is unable to start 4 players the game will not be played.

B. No Show Policy: Make every effort to show-up for your game. If your team cannot show-up for a game, that game will count as a loss and will not be rescheduled. If your team misses more than 2 games in a season, your team will be removed from the league without a refund.

C. Coaches, parents and players are expected to uphold YMCA values in both victories and in defeat.

1. Coaches/Parents/Players will ensure and promote a culture of celebration. Taunting or otherwise demeaning of others will not be permitted.

2. Coaches/Parents/Players will be expected to address the referees of the game in a respectful and professional manner. Coaches must hold all questions about calls until a stoppage in play.

3. Coaches/Parents/Players will refrain from using profanities while representing the YMCA.

D. Coaches are responsible for the conduct of their players, parents, coaches and fans. The coach must set the tone for positive behavior from the kids and parents. The team will look at the coach as a role model and will generally replicate the coach.

E. Coaches and players should learn and work to fully understand both standard basketball and specific Y league rules.

F. Coaches will play all players on their roster 50% of the game.

G. Coaches for 1st/2nd divisions can be on the court. 3rd/4th and above must remain on the sidelines and on their half of the court during play.

H. Coaches will complete all aspects of onboarding, including completion of criminal background check and online volunteer application and attendance at Y coaches meeting.

I. Coaches are all volunteers. Administrative support and equipment will be offered by the YMCA of Central Texas.

By volunteering to be a coach, you have chosen to be a role model for all participating children and to represent yourself and the YMCA at all games and practices throughout the year.

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III. Teams

- A. Teams will be formed with the following taken into account:
 - Grade (as of August 15, 2023, is deciding factor of what division they fall in)
 - Age
 - Friend/Coach requests
 - Practice day availability
- B. Players will remain on the same team throughout the entire season.
- C. Teams shall have no more than 10 players, unless specifically changed by Sports Director.
- D. Five players per team shall participate at any one time. In the event that one team has only 4 players, the opposing team shall play with only 4 players in 1st/2nd & 3rd/4th or the coaches shall mutually agree (5th/6th & 7th/8th) on a reasonable way to have parity for the competition. No official game will be played with fewer than 4 players per team.
- E. Only players on Y rosters are permitted to participate in practices and games. YMCA Uniforms are required to play in the game.

IV. Game Play

- A. Any player that attends and participates in practice on a regular basis, is expected to play a minimum of 50% of game. No player may play the full game. Players not regularly attending practices (participating) and games may have limited playing time. Sports director must be contacted before limits put in place.
- B. Game Length:
 1. 1st/2nd, 3rd/4th & 5th/6th: Four 8 Minute Quarters, running clock. 2 Minute Half-Time. Subs at the 4 minute mark and at the end of quarters. The play clock will stop in the last 90 seconds of a game on a dead ball/free throw situation, provided the game is within 10 points or less. Regular Season games can end in a tie.
 2. 7th/8th: Four 10 minute quarters, running clock. 2 Minute Half-Time. Free subs throughout the game, coach must send subs to score table and ref will call them in on next deadball. The play clock will be stopped on all dead balls in the last minute of the 2nd quarter and the last two minutes of the 4th quarter, provided the game is within 10 points or less at the start of the last minute or 2 minutes of 2nd or 4th quarters. All players must at least play in each game. Regular Season games can end in a tie.
- C. Score Limitations:
 1. 1st/2nd & 3rd/4th: Score will be kept. If one team is ahead by 20 points, we will reset the score at the 3rd quarter. The team ahead by 20 will not be allowed to run the fast break. Score will be recorded in ygametime with 20 point max differentials.
 2. 5th/6th: Score will be kept. If one team is ahead by 20 points, they will not be allowed to press on defense or run the fast break.
- D. Games will begin with a jump ball. All other jump ball situations will alternate for team possession.
- E. Substitutions:
 1. 1st/2nd, 3rd/4th & 5th/6th: At the 4 minute mark and end of quarters, must be on dead ball, not on a fast break. Free substitution in the last 4 minutes of the game. No player may play the whole game.
 2. 7th/8th: Free subs throughout the game, coach must send subs to the score table and ref will call them in on next deadball. All players must at least play in each game.



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F. Times Outs:

1. 1st/2nd & 3rd/4th: Each team is allowed one 30 second timeout per half. Timeouts do not carry over. Coaches or players may call a timeout if their team has possession or if it is a dead ball situation.
2. 5th/6th & 7th/8th: Each team is allowed 2-30 second timeouts per half. Timeouts do not carry over. Coaches or players may call a timeout if their team has possession or if it is a dead ball situation. 1-30 second timeout per overtime period.

G. Foul Limit:

1. 1st/2nd: 5 per player. No shooting fouls.
2. 3rd/4th: 5 per player; 6 per team; 7th foul and beyond is 1 and 1; All shooting fouls are 2 shots.
3. 5th/6th & 7th/8th: 5 per player; 6 per team; 7th foul is 1 and 1; 10th foul is double bonus; All shooting fouls are equal to the value of the shot.

H. Free Throws:

1. 1st/2nd: No.
2. 3rd/4th: Yes.
2. 5th/6th & 7th/8th: Yes, Players occupying the marked lane spaces may enter the lane on release. Free throw shooter & other players may not cross the free throw line until the ball hits the rim. A violation will result in another free throw attempt or a change of possession, whichever is appropriate.

I. Full Court Press:

1. 1st/2nd & 3rd/4th: No, Only when defending a fast break. If a team rebounds a missed shot and holds the ball, the new defense must retreat to half court.
2. 5th/6th: Allowed in the second half of the game starting week 4.
3. 7th/8th: Will be allowed.

J. Injuries: Play must be stopped at once. Players return to their bench during the injury timeout.

V. Offense

A. Traveling:

1. 1st/2nd: Will be called if the offensive player gains advantage by it.
2. 3rd/4th, 5th/6th & 7th/8th: Will be called.

B. Double Dribble:

1. 1st/2nd: Will be called if the offensive player gains advantage by it.
2. 3rd/4th, 5th/6th & 7th/8th: Will be called.

C. Fast Breaks: Allowed.

D. Four Corner Offense: Teams intentionally running a four corner, or intentionally placing an offensive player in the corner, is a non-basketball play and not allowed.

E. Back Court Violation: Yes. **Except in 1st/2nd.**



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F. 3 Second Lane Violation:

1. 1st/2nd & 3rd/4th: Not called
2. 5th/6th & 7th/8th: Will be called

G: 5 Second Possession Time: Texas State High School Rules Apply. Player must make attempts toward the basket. **Except in 1st/2nd.**

H. 10 Second Mid-Court Violation: Yes. **Except in 1st/2nd.**

VI. Defense

A. Steals:

1. 1st/2nd: Not Allowed on the dribble, but allowed if passing or loose ball.
2. 3rd/4th, 5th/6th & 7th/8th: Allowed

B. Defense/ Man to Man:

1. 1st/2nd: Man to Man, No Zone; Within 3 ft of their man. Wristbands will be used for the entire season.
2. 3rd/4th: Man to Man, No Zone; Within 3 ft of their man, but players on help side defense can have one foot in the lane. (and not be within 3 ft of their man).
3. 5th/6th: Man to Man or Zone Full Court Press is allowed in the second half of the game starting week 4.
4. 7th/8th: Man to Man or Zone. Full Court Press is **Allowed**.

C. Double Teaming:

1. 1st/2nd & 3rd/4th: Only allowed inside the lane.
2. 5th/6th & 7th/8th: Allowed

D. Rules not Specified: Texas State High School Rules apply for any rule not specified in our rules & guidelines.

VII. Games and Tournaments

A. Rookie Plus: 1st/2nd

1. Will have 6 regular season games.
2. No tournaments

B. Plus: 3rd/4th, 5th/6th, 7th/8th:

1. Will have 6 regular season games, games can end in a tie.
2. Guarantee one game tournament, Champions will receive a trophy.

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AGE GROUP	BALL SIZE	GAME LENGTH	DEFENSE ALLOWED	GOAL HEIGHT	COURT SIZE	REFEREE	SCORE
1st/2nd Coed	27.5 Junior	Four 8 Minute Quarters, running clock. 2 Minute Half-Time. Games can end in a tie.	Man to Man, No Zone. Within 3 ft of their man. Wristbands will be used for the whole season.	8 Feet	Side Full Court	1 Referee (Coach allowed on court)	Score will be kept. If one team is ahead by 20 points, we will reset the score at the 3rd quarter. The team ahead by 20 will not be allowed to run the fast break.
3rd/4th Coed	28.5 Intermediate	Four 8 Minute Quarters, running clock. 2 Minute Half-Time. Regular Season games can end in a tie.	Man to Man, NO Zone. Within 3ft of their man, Players on help side defense can have one foot in the lane.	9 Feet	Side Full Court	1 Referee	Score will be kept. If one team is ahead by 20 points, we will reset the score at the 3rd quarter. The team ahead by 20 will not be allowed to run the fast break.
5th/6th	28.5 Intermediate	Four 8 minute quarters, running clock. 2 Minute Half-Time. Regular Season games can end in a tie.	Man to Man or Zone. Full Court Press Allowed in the 2nd half of the game starting week 4	10 Feet	Full Court	2 Referees	Score will be kept. If one team is ahead by 20 points, they will not be allowed to press on defense or run the fast break.
7th/8th	28.5 Intermediate (Girls) 29.5 Official (Boys)	Four 10 minute quarters, running clock. 2 Minute Half-Time. Regular Season games can end in a tie.	Man to Man or Zone. Full Court Press Allowed.	10 Feet	Full Court	2 Referees	Score will be kept.