

YMCA of Arlington Basketball Rules Summation

The playing rules for the YMCA of Arlington Basketball Program will be the National Federation of State High Schools Associations (nhs.org). Only additions or modifications will be listed below.

All Divisions

1. No substitution during the quarter except for injury or disqualification. A player must play the whole quarter. Any fraction of a quarter played will constitute a quarter played. All players must check in at the scorers table before entering the game.
2. All players who show up for the game on time must play a minimum of two quarters. No player will be allowed to play in all four quarters, unless the team only has six eligible players for the game.
3. One adult coach 25 years of age or over must be on the bench at all times.
4. Coaches are to **remain seated** except for calling timeouts, working on a correctable error with a player and praising good play.
5. Any coach leaving his/her bench area, except for aid to an injured player may result in multiple technical fouls and ejection from the game.
6. Two time outs per half. Time outs will not carry over, one additional time out for overtime period.
7. All girls divisions will use a womens ball (28.5).

Kindergarten (Double Dribblers) / First & Second (Passers)

1. Score will not be displayed
2. Four ten minute quarters. Mighty-tots four six minute quarters
3. Stop clock: Only during injuries, for any other situation or emergency. The clock will run during time-outs and free throws
4. No time violation: backcourt, inbounding the ball, lane etc.
5. No overtime.
6. Free throw line 13 feet. No free throws taken in Mighty Tots.
7. Man-to-Man defense only. No zone defense.
8. No defense in the back court.
9. No back court violation (over and back).
10. Double teaming permitted in the lane only.
11. No bonus.
12. All first/second grade divisions will use a womens ball (28.5).
13. Double Dribblers will use a Junior ball (27).

Third & Fourth (Dribblers)

1. Four ten (10) minute quarters, running clock.
2. Stop clock: Only during injuries, any other emergency, last minute of the 4th quarter. The clock will run during time outs and free throws.
3. Five second lane violation.
4. No five second held ball count.
5. No overtime.
6. Man-to-Man defense only. No zone defense.
7. No defense in the back court.
8. No back court violation (over and back)
9. Ten second backcourt violation will only be enforced if a team is attempting to delay the game.
10. Double teaming permitted in the lane only.
11. No bonus.
12. All third/fourth grade divisions will use a womens ball (28.5).

Fourth / Fifth & Sixth (Shooters)

1. Four ten (10) minute quarters, running clock.
2. Stop clock: time-outs, injuries, last minute of the 2nd and 4th quarter, last minute of the overtime period. The clock will run during free throws.
3. 20 point margin in the fourth quarter, clock runs, except for injuries.
4. One three minute overtime, then sudden death (first score wins). No clock will be needed in the sudden death.
5. Man-to-Man defense only. No zone defense.
6. Full court man-to-man press only; teams will not be allowed to full court press with a lead of 20 or more points.
7. Double teaming permitted inside the 3-point line.
8. Fourth boys will use a womens ball (28.5); fifth/sixth boys will use a regulation mens ball.

Seventh & Eighth (Juniors) / Ninth – Twelfth (Seniors)

1. Four ten (10) minute quarters, running clock.
2. Stop clock: time outs, injuries, last minute of the 2nd and 4th quarter, last minute of the overtime period. The clock will run during free throws.
3. 20 point margin in the fourth quarter, clock runs, except for injuries.
4. One three minute overtime, then sudden death (first score wins). No clock will be needed in the sudden death.
5. Team will not be allowed to full court press with a lead of 20 or more points.