



Recreation Basketball League Rules of Play 2011-2012

Donelson

U-6 Age Division

Our mission:

*A worldwide charitable fellowship united by a common loyalty to Jesus Christ
For the purpose of helping persons grow in spirit, mind and body*

Participation in the program governed by these rules of play shall be open to all individuals interested in playing recreation basketball. All players will be assigned to teams by the YMCA.

- 1.) The goals of the youth basketball program are as follows:
 - A.) Having fun and the enjoyment of basketball. The program should be enjoyable, rich and rewarding.
 - B.) Putting winning in perspective as one goal among others, developing attitudes towards sports which broaden winning to include enjoyment, building friendships, and learning new skills.
 - C.) Learning the importance of teamwork and playing as a team member.
 - D.) Involving all players in the game, regardless of ability.
 - E.) Developing positive attitudes about the opposing team and the officials, which recognize both as indispensable partners in the pleasure of basketball.
- 2.) A player's assignment to a particular division is determined by his/her age as of July 31, 2011. For example, a player who was 6 years old on or before the above date would be assigned to the U-8 division (under 8). Players should be taught the basics of play and be given every opportunity to participate in all points of the game.
- 3.) All teams will be allowed one (1) hour practice per week before and during the season. Any coach that abuses the above rule will be issued a warning by the YMCA Sports Staff. Any further abuses will result in suspension of the coach for the remainder of the season.
- 4.) **Playing time will be equal for all players regardless of ability.** Substitutions are at the quarter, time will be made up on a week-to-week basis, by swapping the kids that did not get to play the extra time every week. **NO PLAYER MAY PLAY ALL FOUR QUARTERS UNLESS ONLY 5 PLAYERS ARE PRESENT. This will be monitored.**
- 5.) Under-6 age divisions shall play four 8-minute quarters.
- 6.) The clock will run continuously, stopping only for injuries and time outs. Referees may use discretion to stop the clock at other times. When play is stopped for an injury subject to the referee's authorization, a player may be substituted for the injured player. The injured player may not return until the next substitution period.
- 7.) Under-6 age division will shoot on 7' rims and use a junior size (27.5") basketball.
- 8.) There will be one time-out per quarter. Time-outs do not carry over from quarter to quarter.
- 9.) Five (5) players are necessary to start a game. If less than five players are present for a team, the coach may ask players from the previous game to stay and play. If none are available, if the opposing team has enough players they may loan players from their bench. **No one will play who is not registered with the YMCA basketball program. No exceptions!**
- 10.) No 3-point shots.
- 11.) No overtime.

- 12.) Under-6 age division will play a lane defense. Everyone must keep a foot in the lane (line inclusive) unless going for a rebound. If the offensive team gets the rebound outside the lane, the defensive players must keep a foot inside the lane. No offensive player may screen a defensive player for the purpose of allowing a shot by a teammate.
- 13.) There will be no backcourt pressure.
- 14.) The officials will discuss double dribbling and traveling calls with the players as the game goes on. No change of possession will occur. **No fast breaks.**
- 15.) Screen is not allowed.
- 16.) There are no lane violations.
- 17.) Games will start with a throw-in and then go to the alternating possession rule for the remainder of the game. The team listed first on the schedule will get first possession at the beginning of the first and third quarters. The team listed second on the schedule will get first possession at the beginning of the second and fourth quarters.
- 18.) Each team is allowed a head coach and one assistant coach in the bench area, along with the team. All other parties need to find seats in the bleachers. Chairs are not to be brought in from the cafeteria to place on the opposite sideline. Observation is from the bleachers
- 19.) Only players from the official roster may play. If other players are needed, those provisions have been outlined earlier in these rules. No one may play unless registered with the YMCA Basketball Program.
- 20.) If a player is ejected from the game, the player must leave the bench but may watch from the stands as long as their continued presence poses no problems. Coaches or spectators asked to leave must leave the gymnasium. Failure to abide by this rule will result in suspension of play for that game and in the case of a parent or coach, suspension for the remainder of the season from the gymnasium.
- 21.) There will not be a designated ball handler. Each player will be given the opportunity to bring the ball down the court. A rotation should be established to allow each player to bring the ball down the court as equally as possible. Once a team gets the rebound, the coach needs to instruct the rebounding player to pass the ball off to a different teammate each time. This will be monitored by the officials. If you are asked to rotate, please do so.