



**FOR YOUTH DEVELOPMENT®**  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# **BASKETBALL LEAGUE RULES AND GUIDLINES**

## **Grade 4 Boys & Girls**

**WESTSIDE YMCA YOUTH SPORTS**

**YMCA OF COLUMBIA WILLAMETTE**

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## **Conduct and Sportsmanship**

**Coaches, please remember: You are responsible for the behavior of your players, your parents, your fans, and yourselves.**

- All coaches, parents, siblings and spectators shall remain outside the basketball court boundaries.
- Dunking or pulling on the basket adapter nets is strictly prohibited. This includes before, during or after the game for any players, spectators, coaches or referees.
- Only encouraging/positive comments will be tolerated in Westside YMCA Youth Sports leagues.

## **REFEREES**

The designated officials are in charge of the game. Any decisions they make will be final. In the interest of the children's enjoyment of the youth sports program it is requested that any complaints or concerns regarding the officials be directed in writing to Westside YMCA Youth Sports representatives.

**The Referee's course of action for a disruptive player, coach, or spectator:**

- The official will stop the game and approach the patron. The official will remind the patron Westside YMCA Leagues are recreational and all of the kids are here to learn and have fun with their team.
- The game will continue after the situation has been addressed and a reasonable solution has been agreed upon.
- If the negative behavior continues, the referee may choose to remove the patron from the gym.
- The disruptive patron will be asked to leave the building for the rest of the day.
- Refusal of the request to leave will result in forfeiture of the game. The offending individual/ team will be reported to the Youth Sports Director and appropriate action will be taken.

## **EQUIPMENT AND UNIFORMS**

- Coaches should encourage each player to bring a basketball to every practice. (Please remind parents to put names on their child's belonging). The YMCA provides pennies, cones and a few extra basketballs for practices/games. This equipment will be available with the YMCA Monitor on site.
- **Grade 4 Girls:** 27.5" basketball and 10ft. hoop height.  
**Grade 4 Boys:** 28.5" basketball and 10ft. hoop height.
- Players must wear appropriate court shoes (flat-sole, non-marking).
- Game shirts will be provided for all players and the head coach. This is the official uniform for the players and they should be worn during games.
- Players are not allowed to wear anything that could potentially cause injury (rings, watches, earrings, bracelets, etc.). Coaches should inspect their players before the game starts.

## **GAME RULES**

In general, the games will be governed by OSAA Basketball Rules.

- **ELIGIBILITY:** Players must be paid in full before they are permitted to participate.
- **REFEREES:** One trained official will officiate each game.
- **MATCHING UP PLAYERS:** At the start of each game or quarter, five players from each team will line up at half-court. Coaches will match players up for defensive assignments according to height. Players from each team will need to turn around to show their numbers to the other defenders.

## **TIME**

- Teams have one-hour total to warm-up and play their game.
- Games will consist of four, 10 minute, running time quarters.
- Every five minutes the official or volunteer will stop the clock for substitutions.
- There will be a one-minute break between quarters and a two-minute halftime.
- The clock will run except for time outs or injuries. The official may also call time out if necessary to the development of the players.

## **FOULS**

- All non-shooting fouls result in the ball taken out of bounds by the non-offending team.
- Free throw distances are as follows:
  - 3<sup>rd</sup> grade = 2 feet in front of free throw line if needed.
  - 4<sup>th</sup> grade = 1 foot in front of free throw line if needed.
  - 5<sup>th</sup> grade = at free throw line.
- Technical fouls are awarded at the discretion of the official. All technical fouls will result in two free throws and possession of the ball to the non-offending team.
- Players and/or coaches will be ejected and removed from the gym after one technical foul. This offense will be reported to Youth Sports Director and necessary action will be taken.

## **JUMP BALLS**

A jump ball will be used to start the game. Teams will alternate possessions thereafter.

## **FAIR PLAY**

Each child must play an equal amount of time as permitted by the size of the team roster. Teams may have between 6-12 players and time might be split differently from week to week.

## **DEFENSE**

- No zone defense allowed.
- Man-to-man defense only. A teammate may help a player who has been clearly beaten to the basket by an opposing player. This call is at the discretion of the official.
- A player may not sag off of their offensive player by more than five feet.
- No double teaming or switching. Players must remain guarding whomever they were matched up with at the beginning of the quarter.

## **STEALING**

-Defenders are not allowed to steal the ball while the offense is dribbling.

\*This rule was put into place to give younger players a chance to develop key fundamental skills without having to worry about losing the ball to a defender. This rule will give players time to develop dribbling technique while they learn how to locate and pass to open teammates. Younger players need to develop confidence while they learn to protect the ball. This also teaches young players to move their feet on defense, instead of using their hands.

-Stealing on a pass is allowed, but coaches please adjust to match your opponent's skill level and needs.

\*Just keep in mind; the goal of the league is to develop a joy of the game in all of the players in the league.

## **BLOCKING SHOTS**

Blocking shots is prohibited. Defensive players may have their hands straight up but may not jump or move their hands/arms to make contact with the ball.

\*This rule was put into place to teach young players not go in 'swinging' to block shots but instead standing straight up and down when contesting shots.

## **OFFENSE**

The goal is to activate the offensive play, as well as to teach teamwork. Rotate your players so that each child has an opportunity to bring the ball up to the half court line while playing point guard. For some kids this is the highlight of their game!

-After receiving the ball in the backcourt, the offensive team has ten seconds to advance the ball over the half court line.

-Back court violations will be called.

-Players will have 5 seconds in the key vs. the standard 3 seconds in the key.

-The ball handler/point guard must be able to cross the half-court line completely, with all three points on contact (both feet and the ball) established across the half-court line.

-Backcourt press will not be allowed.

## **CELEBRATE**

Remember to stay positive and encourage kids from both teams during games. Don't forget to do a team cheer after each game. Walk in a single file line and give each player from the other team a high-five. Please remember to consume snacks outside of the gym. Congratulate your players for their effort and recognize their achievements from the game.

Most importantly, enjoy the time coaching your team!