



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

T-Ball Rules and Information

Ages 3-4

- This is a developmental league so no score is kept.
- Games will be two innings long.
- All kids will play in the field at the same time.
- All players will hit off of a tee.
- All batters and runners must wear helmet.
- Each player will advance one base per hit, however if the ball is hit in the outfield on the fly, all runners may take two bases.
- The team in the field may have ONE player near the pitcher's position but there will not be a catcher.
- The team in the field is allowed two coaches on the field to give instruction.
- No outs exist.
- A "soft" baseball will be used.
- All players must wear baseball hat.
- Parents are always encouraged to help.
- All players will receive a team shirt and season ending award.
- No metal cleats, Big barrel bats or wood bats.
- The league is for children to have fun, get some exercise and to increase their skills along the way.
- A positive, fun and safe atmosphere will be expected and maintained. Any spectator that threatens this atmosphere will be promptly escorted from the building and will not be allowed into the next game. Have fun and relax!
- Parents, Coaches, adults and kids must honor the Y's four core values:
 - CARING
 - HONESTY
 - RESPECT
 - RESPONSIBILITY



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Coach Pitch Rules and Information

Ages 5-8

- This is a developmental league so no score is kept.
- Three innings or, one hour will constitute a game.
- All kids will play in the field at the same time.
- Coaches will pitch to their own team.
- A “soft” baseball will be used.
- All batters and runners must wear a helmet.
- Players will get 5 pitches. If contact isn’t made they will hit from T-stand.
- Each player will advance one base per hit, however if the ball is hit in the outfield on the fly, all runners may take two bases.
- Players who are out will not advance to the next base (first base included), but outs will not be tallied and everyone will get a chance to hit each inning.
- The team in the field is allowed two coaches on the field to give instruction.
- A player is given only one warning per game for slinging a bat...after the warning, the player will be called out for each offense.
- Parents are always encouraged to help.
- All players will receive a team shirt and season ending award.
- All players must wear baseball hat.
- No metal cleats, Big barrel bats or wood bats.
- The league is for children to have fun, get some exercise and to increase their skills along the way.
- A positive, fun and safe atmosphere will be expected and maintained. Any spectator that threatens this atmosphere will be promptly escorted from the building and will not be allowed into the next game. Have fun and relax!
- Parents, Coaches, adults and kids must honor the Y’s four core values:
 - CARING
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Purpose of YMCA Sports

The sports program is designed to be an aid and tool in the development and growth of the participants. The YMCA is not a building, athletic fields or just sports. It is an association of people, a fellowship of people united by a common loyalty to Jesus Christ for the purpose of developing Christian personalities and building a Christian society. The YMCA is not just a sports association; however, the YMCA does use sports as one of its programs to foster physical, mental, and spiritual growth. The attainments of exceptional athletic skills and the winning of games, though important, are secondary- the molding of future men and women is the goal.

Purpose of YMCA Basketball

The activities around basketball are merely a vehicle by which we as concerned adults utilize Christian models to work with young people. The program purpose is:

1. Develop and build self-esteem;
2. Develop and teach physical skills, fitness, and health;
3. Develop social skills and relationships among participants;
4. Support and strengthen family life;
5. Develop responsibility, decision making, and leadership;
6. Create a unique and enjoyable leisure family activity.

Hobart Family YMCA Basketball Rules

The objectives of the YMCA Basketball Program is to develop character, good sportsmanship, physical skills and coordination. The program is devised in order to:

- Players – Make the game fun and develop basketball skills;
- Parents – Be convenient and minimize expense;
- Coaches – Be convenient and economize time commitment.

Protest: NO protests will be accepted. Any disagreement made during a game will be corrected on the spot. Please show respect for each other and let's make this a positive experience for the kids.

I. Rule Administration

- A. The YMCA Sports Coordinator will have jurisdiction over all rules and regulations to govern any youth basketball situation herein not covered. The decisions of the Sports Coordinator are final.
- B. Each team will have one volunteer head coach and may have two assistant coaches. All persons accepting responsibility in this program must accept and carry out the rules and regulations of the program strive to teach good sportsmanship, health, habits and citizenship. Exercise the type of personal behavior that will set a good example for children. Every safety precaution must be taken at all times. Abuse or embarrassment of any player or team will not be tolerated.

NOTE: Penalty for failure to abide by these standards may make it necessary that the person or persons involved be relieved of their responsibilities in the program and ejected from the facility.

II. Game Conduct

- A. Spectators at games must be respectful. Harassing of officials and/or players is unacceptable and will not be tolerated. The Sports Coordinator is responsible for the behavior of the spectators, coaches and players. The Sports Coordinator will give one verbal warning for inappropriate behavior, if the behavior continues, the violators will be ejected from the facility.

NOTE: Coaches who fail to abide by this shall be subjected to the same disciplinary action as those actually involved in the disruptive behavior.

- B. No smoking on YMCA property. Food and beverages are not allowed in gym, only where designated.
- C. All YMCA owned equipment and apparatus stored around the gym are off limits to participants, family, spectators and children. Parents are responsible for the behavior of their children while watching games and practices. Children must be under parental control at all times.
- D. If games are still in progress, bouncing balls or shooting at side baskets will not be allowed until the current game is over. In YMCA facilities, please go quickly and quietly to and from the gym area.
- E. Damages incurred to playing and practice facilities due to improper use will be the responsibility of the individual causing the damage.

III. Team Organization

- A. Registration – Each player must complete and turn in their registration by his/her parent or legal guardian to the YMCA prior to participation in any practice session or game.

IV. Coaching Information

- A. Game Schedules – All scheduling of league games is done by the Sports Coordinator. **No changes in dates or times shall be permitted.**

B. Practices

1. Only YMCA Basketball players on teams assigned to practice during scheduled time slots are permitted to be in the gym. No younger siblings or non-registered participants will be allowed in the gyms! Observing parents must keep their non-participating children under their control, off and away from the court during the entire practice. This information is to be communicated to all parents by the Sports Coordinator and head coach.
2. Coaches are responsible for their team and the gym during their scheduled practice including when coaches let players take a restroom or water break.
3. No food, drinks, or gum are allowed in the gyms.
4. Incoming teams to practice – Please do not enter the court until your designated time, do not dribble or shoot until you have the court. **DO NOT DRIBBLE BASKETBALLS ANYWHERE OUTSIDE OF THE GYM!**
5. Outgoing teams from practice – Please exit the court before or exactly at your official quitting time. Do not take advantage by running “just one more play” or “just one more shot.”
6. All gyms should be “picked up” and cleaned as you exit.

GAME RULES – ALL AGE DIVISIONS

The playing rules for the YMCA Basketball Program will be the National Federation of State High Schools Associations (NFHS.org). Only additions or modifications will be listed in the following rules section or designated by the YMCA.

I. The Uniform

- A. All YMCA players must wear the shirt/jersey provided by the YMCA. Undershirts, if worn, shall be of the same solid color front and back. The player's shirt shall be tucked inside the shorts and the shorts shall be above the hips and worn properly. A player not conforming to this uniform policy shall be directed to leave the game. Shorts must be worn.
- B. Only non-marking, non-cleated athletic shoes may be worn at practice and games.
- C. None of the following may be worn or displayed at games: any type of jewelry, watches, earrings, hair bows, clips or casts.
 1. No headgear of any kind, except plain colored headbands, may be worn during the warm up and game.
 2. Radios or any other noise making device which officials may deem as taunting or unsportsmanlike.

III. Starting the Game

- A. Coaches must have last names and jersey numbers of all players listed in the official scorebook by game time.
- B. Each team will be responsible for furnishing one parent volunteer to work.
- C. There must be five players on the court per team at game time in order to start the game, unless agrees upon by both coaches.

IV. Bench Personnel

Only the head coach, two assistant coaches and team players are allowed on the bench. All others must be seated in the stands. All teams must have a head coach approved by the YMCA Sports Coordinator. **Only one coach may be standing at any given time. All other coaches must remain seated on the bench.**

V. Participation and Substitutions

- A. **COACHES AND PLAYERS SHOULD ARRIVE AT THE FACILITY AT LEAST 15 MINUTES AHEAD OF SCHEDULED START TIME FOR WARM-UPS.** Every player that shows up for the game **on time** shall play a minimum of two quarters per game. Those players not playing in the 1st or 2nd quarter must play the 3rd and 4th. If a team has seven or more players, no player will be allowed to play four (4) quarters. If a team has only six players, everyone must play a minimum of three (3) quarters. Coaches should always have your players check in at the scorers' table prior to the beginning of every quarter played.

Hobart Family YMCA Division Rules (Age Divisions Subject to Change)

I. 3 & 4 year olds and 5 & 6 year olds (Half Court – Side to Side)

The 3&4 year old division will play on a goal height of 6' (note some gyms may be a few inches off). The 5&6 year old division will play on a goal height of 8' (note some gyms may be a few inches off). The game will begin with the visiting team inbounding for the first procession.

A. Score

1. No score will be displayed during the game.

B. Length of Quarters

1. Playing time for teams of 3 & 4 year olds shall be four quarters of six minutes each with intermission of one minute after the first and third quarters and five minutes between halves.
2. Playing time for teams of 5 & 6 year olds shall be four quarters of eight minutes each with intermission of one minute after the first and third quarters and five minutes between halves.

C. Time-out/Stopping Play

1. Time-out occurs and the clock, if running, shall be stopped when an official:
 - a) Stops play because of an injury.
 - b) For any other situation or any emergency.
 - c) Time-Outs
2. The clock shall run continuously in all other situations, out of bounds, violation, reporting of fouls, etc.

D. Time-outs

1. Two 30-second time-outs may be charged to each team during a regulation half. Unused time-outs will not accumulate and may not be used.
2. A time-out shall not be granted until after the ball has become live to start the game.

E. Time Violation

1. There will be no time violation of any kind.

F. Throw-Ins

1. Throw-in violations will not be enforced. Violators may be instructed and throw-in retaken.

G. Foul/Disqualified Player

1. A foul is an infraction of the rules which is charged and is penalized. A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
2. A disqualified player is one barred from further participation in the game because of committed his/her fifth foul (personal and technical), two technical fouls or a flagrant foul.

H. Free Throws/Bonus

1. There will be no free throws or bonus situation.

I. Defense

1. "Man to man" defense is mandatory.

2. Teams will not be allowed to have all five players sag back into the lane. This could be viewed as a zone defense.
3. No defense in the back court. The defense must allow ball and player to cross mid court line before pressure is applied.
4. Defenders need to be in a vertical defensive position.
5. **Defense will not be allowed to steal the ball from the ball handler while he or she is dribbling or possessing the ball. Defense may block shots and steal passes.**

J. The Ball

- The 3&4 year old division will use a mini ball.
- The 5&6 year old division will use a junior ball (27.5).

II. 7 & 8 year olds (Small Court)

- **Game will be played using a goal height of 9' (note some gyms may be off by a few inches)**

A. Length of Quarters

Playing time shall be four quarters of eight minutes each with intermission of one minute after the first and third quarters and 3 minutes between halves. There shall be no overtime periods.

B. Time-out/Stopping Play

- **Time-out occurs and the clock, if running, shall be stopped when an official:**
 - a) Stops play because of an injury.
 - b) For any other situation or any emergency.
 - c) Time-Outs
- **The clock shall run continuously in all other situations, out of bounds, violation, reporting of fouls, free throws, etc.**

C. Time-outs

Two 30-second time-outs may be charged to each team during a regulation half. Unused time-outs will not accumulate and may not be used.

D. Time Violation

A player will violate time violation if they take longer than 5 seconds to throw the ball in and 10 seconds to get across mid-court. There will be no violation for time in the lane, the referee will instruct that they need to leave the lane.

E. Throw-Ins

Throw-in violations will not be enforced. Violators may be instructed and throw-in retaken.

F. Foul/Disqualified Player

1. A foul is an infraction of the rules which is charged and is penalized. A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
2. A disqualified player is one barred from further participation in the game because of committed his/her fifth foul (personal and technical), two technical fouls or a flagrant foul.

G. Free Throws/Bonus

1. Free throw line will be two feet in front of the standard free throw line, approximately 13 feet.
2. The first marked lane space will not be used. Not more than one player may occupy any part of a marked lane space.
3. Marked lane spaces may be occupied by a maximum of four defensive and two offensive players.
4. Any player, other than the free thrower, who does not occupy a marked lane space, must be behind the free-throw line extended and behind the three-point line.
5. No bonus Free Throws

H. Defense

1. "Man to man" defense is mandatory. Man to man defense shall be identified by game officials as a defensive strategy which puts reasonable pressure on the ball, has at least one on one coverage of any player driving the lane or making a move to get open near the lane.
2. Zone defense is not permitted. **Defensive players must show obvious attention to one player.**
3. No defense in the back court. The defense may not start playing defense on any offensive player until the ball has half court. After the ball has crossed half court during a possession, defense may be applied anywhere in the front court.
4. Double-teaming will be permitted in the lane only.
5. **Defense will not be allowed to steal the ball from the ball handler while he or she is dribbling or possessing the ball. Defense may block shots and steal passes.**

I. Backcourt

- A. There shall be no back court violation enforced ('over and back'), however the referee will call the violation if the offense is using the back court as a 'retreat' on purpose so that the defense could not defend them.
- B. Teams will not be allowed to play defense in back court.

J. Ball Size

This division will use a 28.5 ball.

III. 9 & 10 year olds (Regulation Court)

Games will be played on regulation 10' goals. The game will start with a jump ball.

A. Length of Quarters

Playing time for teams of this division shall be four quarters of ten minutes each with intermission of one minute after the first and third quarters and five minutes between halves. There shall be no overtime periods for this division.

B. Time-out/Stopping Play

1. **Time-out occurs and the clock, if running, shall be stopped when an official:**
 - a) Stops play because of an injury.
 - b) For any other situation or any emergency.
 - c) Time-Outs

2. The clock shall run continuously in all other situations, out of bounds, violation, reporting of fouls, free throws, etc.
3. The last minute of the 4th quarter, the clock shall stop on every whistle unless one team is leading by more than 20 points.

C. Time-outs

1. Two 30-second time-outs may be charged to each team during a regulation half. Unused time-outs will not accumulate and may not be used.
2. A time-out shall not be granted until after the ball has become live to start the game.

D. Time violations

The violations for this division will be five-second lane violation. A player shall not remain in the "paint" for five seconds while the ball is in control by his/her team in the front court. Also, players have 10 seconds to advance the ball to the front court (over mid-court), and a player will have 5 seconds to throw the ball in.

E. Throw-Ins

The designated throw-in spot is defined as one step to either side of the player's position when the ball is received from the referee. Throw-in violations will be enforced.

NOTE: The thrower must keep one foot on or over the spot until the ball is released. Pivot-foot restrictions and the traveling rule are not in effect for a throw-in.

F. Foul/Disqualified Player

1. A foul is an infraction of the rules which is charged and is penalized. A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
2. A disqualified player is one barred from further participation in the game because of committed his/her fifth foul (personal and technical), two technical fouls or a flagrant foul.

G. Free Throws/Bonus

1. Free throw line will be two feet in front of the standard free throw line, approximately 13 feet.
2. The first marked lane space will not be used. Not more than one player may occupy any part of a marked lane space.
3. Marked lane spaces may be occupied by a maximum of four defensive and two offensive players.
4. Any player, other than the free thrower, who does not occupy a marked lane space, must be behind the free-throw line extended and behind the three-point line.
5. No bonus free throw.

H. Defense

1. "Man to man" defense or zone defense is allowed.
2. No defense in the back court. The defense must allow ball and player to cross the mid court line before pressure is applied.
3. Double-teaming will be permitted in the lane only.

I. Back Court

1. Once the offense advances the ball in the front court, the player may not go back across the mid-court line, this is a back court violation.

2. Teams will not be allowed to play defense in back court, however the offense only has 10 seconds to advance to the front court or it is a time violation.

J. Ball Size

This division will use a 28.5 ball.

IV. 11 & 12 year olds (Regulation Court)

Game will be played on a 10' goal and it will begin with a jump ball.

A. Length of Quarters

Playing time for teams of this division shall be four quarters of eleven minutes each with intermission of one minute after the first and third quarters and five minutes between halves.

B. Extra Period

1. If the score is tied at the end of the fourth quarter, play shall continue without change of baskets for one or more extra period with a one-minute intermission before the start of the extra period.
2. The game ends at the end of the extra period if the score is no longer tied.
3. The length of the extra period shall be three minutes. Extra periods are an extension of the fourth quarter so time outs will carry over to the extra period. Each team will be granted one additional time out for the extra period.
4. If the score is tied at the end of the extra period, play shall continue without change of baskets for a sudden death period. The game ends the moment the score is not tied. No clock will be needed for the sudden death period.
5. All extra periods will be started by a jump ball.

C. Time-out/Stopping Play

1. **Time-out occurs and the clock, if running, shall be stopped when an official:**
 - a. Stops play because of an injury.
 - b. For any other situation or any emergency.
 - c. Grants a player/head coach's oral or visual request for a time-out, such request being granted only when:
 - i. The ball is in control or at the disposal of a player of his/her team.
 - ii. The ball is dead.
2. The clock shall run continuously in all other situations, out of bounds, violation, reporting of fouls, free throws, etc.
3. The last minute of the 4th quarter the clock shall stop on every whistle unless one team is leading by more than 20 points.

D. Time Violations

All time violations stated in the National Federation of the State High School Association Rule Book will be enforced.

E. Foul/Disqualified Player

1. A foul is an infraction of the rules which is charged and is penalized. A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
2. A disqualified player is one barred from further participation in the game because of committed his/her fifth foul (personal and technical), two technical fouls or a flagrant foul.

F. Free Throws/Bonus

Free throw administration and bonus situation will be as stated in the National Federation of State High School Association Rule Book.

G. Defense

1. There are no defensive scheme restrictions for this age group.
2. Man-to-man or zone will be allowed. Full court press will not be permitted by teams.

H. The Ball

This division will use a regulation ball, gender specific.

V. 13-14 year olds (Regulation Court)

A. Length of Quarters

Playing time for teams of this division shall be four quarters of twelve minutes each with intermission of one minute after the first and third quarters and five minutes between halves.

B. Extra Period

1. If the score is tied at the end of the fourth quarter, play shall continue without change of baskets for one or more extra period with a one-minute intermission before the start of the extra period.
2. The game ends at the end of the extra period if the score is no longer tied.
3. The length of the extra period shall be three minutes. Extra periods are extension of the fourth quarter so time outs will carry over to the extra period. Each team will be granted one additional time out for the extra period.
4. If the score is tied at the end of the extra period, play shall continue without change of baskets for a sudden death period. The game ends the moment the score is not tied. No clock will be needed for the sudden death period.
5. All extra periods will be started by a jump ball.

C. Time-out/Stopping Play

1. **Time-out occurs and the clock, if running, shall be stopped when an official:**
 - a. Stops play because of an injury.
 - b. For any other situation or any emergency.
 - c. Grants a player/head coach's oral or visual request for a time-out, such request being granted only when:
 - i. The ball is in control or at the disposal of a player of his/her team.
 - ii. The ball is dead.
2. The clock shall run continuously in all other situations, out of bounds, violation, reporting of fouls, free throws, etc.
3. The last minute of the 4th quarter and the last minute of the extra period the clock shall stop on every whistle unless one team is leading by more than 20 points.

D. Time Violations

All time violations stated in the National Federation of the State High School Association Rule Book will be enforced.

E. Foul/Disqualified Player

1. A foul is an infraction of the rules which is charged and is penalized. A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
2. A disqualified player is one barred from further participation in the game because of committed his/her fifth foul (personal and technical), two technical fouls or a flagrant foul.

F. Free Throws/Bonus

Free throw administration and bonus situation will be as stated in the National Federation of State High School Association Rule Book.

G. Defense

1. There are no defensive restrictions for this age group.
2. Man-to-man or zone full court press will be allowed.
3. There are no restrictions limiting a team's ability to play a full-court press defense.

Disciplinary Actions

The YMCA understands the necessity of a coach needing to discipline a player, typically by limiting playing time. The YMCA will allow this only in regards to disruptive behavior and practice absences. If the coach elects to utilize a disciplinary option as a teaching method, he/she must abide by the following procedures:

NOTE: This action is to deter a habitual action, not a single unavoidable circumstance.

1. Clearance with the Sports Coordinator at the YMCA;
2. Discuss the situation with the child's parents;
3. Notify the opposing coach prior to commencement of the game in question;
4. Clearance is for one game only. Each offense must be processed.

Any player arriving late for the game may lose their right to play two quarters. This is the coach's decision.

Suspension Policy

If a player, coach, or fan is ejected from a game, the violator will be placed on probation for the remainder of the season. If the same player, coach, or fan receives a second ejection during the season, he/she may face the possibility of being suspended for the remainder of the season, and being prohibited from entering the YMCA, depending on the nature of the offense. The Hobart YMCA will not issue refunds to any player, coach or fan ejected from a game, or anyone involved in a suspended game or season.