



Y SPORTS - Dubuque Community Y 2023 Basketball League Game Rules (Grades 1-6)

PLAYERS:

- All players must play in every game. Equal playing time if possible. If Players have an unexcused absence from a practice, they will still play but game time may be more limited. Coaches will determine whether or not an absence is excused or unexcused.
- Players are required to wear their designated Y Sports jersey or t-shirt provided by the Dubuque Community Y. Individual team jerseys may be worn under the League Uniform.
- Non-marking gym shoes must be worn. Please bring a change of shoes during wet weather to maintain a safe and clean environment. No jewelry of any kind can be worn.

GAMES:

- Iowa High School rules apply with the following exceptions:
 - Grades 1-4 will have one official. Grades 5-6 will have two officials.
 - Each team is required to provide a score keeper and time keeper for each game. All score and time keepers must be at least 18 years of age.
 - Team score sheets will need to be returned to the score table a minimum of 5 minutes prior to game time. Failure to abide by this rule will result in a technical foul.
 - A jump ball will start the game. Alternating possession will determine jump balls during the game.
 - All games will start and end on time. If a team is late, they will forfeit their playing time.
 - All grade levels will be played with 5 players on the court at a time. If a team is short players, they will forfeit their game without a make-up.
 - Hoop height will be 9' for grades 1-3 and 10' for grades 4-6.
 - Basketball size for grades 1-3 will be 27.5". Basketball size for grades 4-6 will be 28.5". Game balls will be supplied each week.
 - Coaches are encouraged to bring their own warm-up balls. League is not responsible for lost balls.

TIME:

- Grades 1-3 games will be four (4) 8 minute quarters. Grades 4-6 games will consist of (2) 20 minute halves. Half time will be 3 minutes long for all grades.
- Clock will stop every four (4) minutes for a time out period of one (1) minute for substitutions for grades 1-3 only.

- Continuous running clock until the last minute of the first half and last two (2) minutes of the second half. Clock will stop for all dead balls within these last minutes.
- Clock will stop for all timeouts, but not for free throws (except for the last (2) minutes of the game) If the shooting team has a 10 point lead or more the clock will continue to run.
- Teams will be given two (2) 45 second time-outs per half. Time-outs do not carry over.
- In the event of a tie, there will be a two (2) minute overtime. If there is still a tie, there will be a two (2) minute sudden death overtime.

OFFENSE:

- Score will be kept. Standings will not.
- A "mercy" rule will be in effect. Any team leading by 15 points must back off on defense to allow the other team to also learn from their experience. Coaches should pull their defense back to half court. No pressing or trapping is allowed. Once a team leads by 20 points, the scoreboard score will be set to "0's" until the lead drops to under 20 points.
- Teams can have an unlimited number of substitutions. All substitutions must be made at dead ball situations. Coaches must send players to the score table to sub in and then the officials will beckon the player(s) onto the court at the next dead ball (grades 4-6).
- Free throw on shooting and team fouls: 1 and 1 at (7) team fouls and (2) free throws at double bonus (10 team fouls).
- Free throws on shooting fouls only for grades 1-4. Free throw line can be moved up around 10' from the basket, if needed, at this level. Players may follow through past the line when shooting. (Correct form at this age level is the goal).
- No three (3) second or five (5) second lane violation calls for grades 1-3.
- Personal and team fouls will be kept in all divisions except grades 1-3. Players committing (5) personal fouls in all other divisions will have fouled out of the game.
- There will be a (5) minute warm-up period between each game.

DEFENSE:

Pressing:

- Grades 1-4, not allowed (must play man to man).
- Grades 5-6 beginner, allowed the last two (2) minutes of the game and must be man to man.
- All other divisions allowed.

Zone defense:

- Grades 1-3, not allowed.
- No stealing off the dribble, only off a pass.
- Can play help side defense, but must return to man to man
- Grades 4-6, only allowed the last two (2) minutes of the game.

OTHER LEAGUE RULES:

- All coaches, officials, participants, and parents will hold sportsmanship at a high level at all times.
- Opposing teams will shake hands following each game.
- Injury substitutions may be made at any time. If injuries cause a team to have fewer than (5) players on the court, the team is encouraged to borrow players from the opposing team.
- Players and coaches are given one (1) warning from the officials for poor behavior/sportsmanship. A second occurrence will result in a technical foul. Anyone receiving a technical foul will be removed from the game. If multiple technical fouls occur, the Dubuque Community YMCA will determine the future of the player or coach within the league.
- A technical foul has a result of removal from the game, (2) points and the ball given to the opposing team.
- Coaches, parents, and players will not dispute calls made by the officials.
- Inappropriate or foul language will not be permitted from anyone. Players using inappropriate language will sit out. Parents or fans will be asked to leave immediately. Remember, you are setting an example for the youth. Be supportive, not destructive, to the development of all youth participants.
- All league coaches, coordinators, score and time keepers, and site coordinators, are volunteering their time and efforts to provide youth the opportunity to play in this developmental league. Without their efforts this league would not be possible. Between their help and your team's positive attitude, we will have a fun and successful season. Good luck to all teams participating in this year's league.

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