

# Wadsworth YMCA

## Rookies Basketball Rules

**Eligibility:** Any child who is in Kindergarten or 1<sup>st</sup> grade is eligible to participate in Rookies Basketball.

### **League Rules:**

1. For the Children Rule (The rule Over All Other Rules) states that Rookies Basketball is a program for the children. If there is any argument or dispute over any of the following rules or guidelines this rule, the "For The Children Rule" will be applied and take precedent.
2. All games are to be played in accordance with the official schedule distributed the first day. When necessary, make-up days will be rescheduled by the YMCA.
3. All scheduled games and practices have an hour time limit for gym use.
4. Cancellations - The only cancellations that might occur during indoor session are due to snow, water main break, or power outage. In this case, a cancellation message will be posted on the **Weather Line 330-926-4948 EXT – 6**. Coaches are responsible for notifying all team members and the YMCA if a practice is cancelled.
5. Rookies Basketball will use a Junior 27.5" size basketball and shoot at 8'0" basketball hoop. This age group will not take foul shots.
6. Each Rookies Basketball Team will consist of a maximum of 11 players.
7. There is no stealing when a player has the ball. A player may only intercept the ball off a pass or shot. Setting picks is not allowed.
8. When the other team gains possession, the whistle will blow. The team that was on offense will get back behind half court to play defense and the team that gained possession will now be on offense.
9. Only one coach is allowed on the court at a time, other coaches may be behind the baselines or at the bench with the other players.
10. Each team is allowed **one** timeout per game.
11. Subs: We will stop the clock at the half of each quarter to allow coaches to change subs if they so choose to do so. Subs are also to be made at the beginning of each quarter. If a team has enough players, every player must sit at least 1 quarter so that everyone will play close to the same amount of time.
12. Each player must have a signed Lindsay Law completed form and turned into the Wadsworth YMCA.

### **Game Rules:**

1. Every game begins with the home team calling the coin toss. The team that wins the coin toss will start with the ball in the 1<sup>st</sup> and 4<sup>th</sup> quarter at half court. The team that loses the coin toss will start with the ball in the 2<sup>nd</sup> and 3<sup>rd</sup> quarter.
2. Games will consist of four 6-minute quarters with a continuously running clock. There will be a one-minute time out between quarters and a three minute half time.
3. Teams are not allowed to full court press.
4. Teams are not allowed to set picks.
5. Defense - Players are to pick up their defender at half court and always play man to man defense. Before, each quarter, the teams will line up and match-up to their opponents by using different colored wristbands.
6. The ball goes out of bounds, the team that did not send it out of bounds gets the ball to throw in. So, if your teammate sends the ball out of bounds, your team loses the ball.
7. The ten (10) second rule is in effect for Rookies Basketball when bringing the ball across the center line (doesn't always happen this way but it's ok!). There are no stalls, no "setting picks" or clear out offenses, those will be monitored as best as possible.
8. There are three main fouls that officials and coaches will be looking for:
  - a) Tripping - Stretching out your leg or foot to cause an opponent to lose his or her balance or fall.
  - b) Holding - Stopping or slowing down the movement of an opponent by grabbing with one or both hands.
  - c) Blocking - Using your body to step in front of and stop another player who is still moving.

\*Please note there are no free throws, the player fouled would start with the ball in that spot or take it out of bounds.

9. Traveling, double dribbling, over and back, and stepping outside of the baseline/sideline are all violations that will be called in this program.

Please remember that we are trying to teach the children! We will take the time to explain these rules throughout playing time.

- a) Traveling - Taking more than one step without dribbling. This is also called carrying the ball or palming the ball if you turn the ball over in your hand between dribbles.
- b) Double Dribbling - Starting to dribble again after stopping. Using both at the same time is also called double dribbling.
- c) At any time during a game, a player cannot step outside the set sidelines and baselines. Likewise, when the ball is being inbounded, a player cannot step inside the court before the ball is passed into play.

10. Our goal is to have everyone receive the same amount of playing time. Remember, this is a recreational league that will focus on teaching the fundamentals.

11. In the first half, after a team scores or if it is a change of possession, the whistle will blow. This will alert the defensive team to get back on defense past the center line. The other team takes the ball out starting from behind the base line.

In the second half, after a team scores or if it is a change of possession, the whistle will not blow and play will continue on.

12. At the end of the game, all players and coaches must shake hands with the opposing team.

13. Coaches and players will be on the opposite side of the bleachers/chairs.

#### **Terms to Know:**

Blocking - A personal foul. Blocking means physically stepping in front of and stopping another player who is still moving.

Charging - A personal foul involving running into or pushing a defensive player who is not moving (stationary).

Cut - To change direction quickly and in balance.

Defense - The team without the ball, trying to stop the other team (the offense) from scoring and to get the ball for themselves.

Double Dribbling - Starting to dribble again after stopping. Using both hands at the same time is also called double dribbling.

Holding - A personal foul involving stopping or slowing down the movement of an opponent with your hands. It is similar to hand-checking but more obvious and forceful.

Lay up - A one-handed shot taken within three feet of the basket.

Offense - The team with the ball.

Over the Back - A personal foul involving getting in the way of the upward movement of a player who is trying to get a rebound and reaching over the back of the player.

Traveling - Taking more than one step without dribbling. This is also called carrying the ball or palming the ball if you turn the ball over in your hand between dribbles.

Tripping - A personal foul involving stretching out a leg or foot to cause an opponent to lose his or her balance or fall.

Violations - When the offensive team breaks the rules about ball handling and the clock.

#### **Skills to Be Learned:**

- 1) Dribbling
- 2) Passing
- 3) Defense
- 4) Teamwork
- 5) Areas of the Court