

# HOOPSTERS & ROOKIES BASKETBALL RULES

Sioux Falls Family YMCA



## To start a game:

5 players must be present. If less, ask the other teams' coach to play 4 on 4.

## Player participation rule:

All players must play a minimum of 2 complete (beginning to end) quarters of each game.

## The Game:

45 total minutes on court (running clock)

Full Practice: 45 minutes

Designed practice drills/activities from YMCA or coach.

Splits: 20 min. skills activities (practice) followed by 25 min. Game

Quarters: 4 minutes      Halftime: 4 minutes

Time Outs: 1 minute\*      Quarter Breaks: 1 minute\*

Full Game: 45 minute game

Quarters: 10 minutes      Halftime: 5 minutes

Time Outs: 1 minute\*      Quarter Breaks: 1 minute\*

\* Time Outs and Breaks between quarters are part of the quarter so the clock is still running.

## General:

1. Each team is allowed 1 Time Out per quarter. Again, the more time outs you use, the less playing time there will be because the clock stays running.
2. If play has stopped, either team may call "time out." If the ball is in play, only the team in control of the ball may call "time out." Either players or Coaches may call "time out."
3. The centerline will serve as the over and back line.
4. Defending in the backcourt is not allowed. The offensive team must be allowed to cross the centerline with both feet and the ball before defense (the opposing team) can engage.

5. Scores kept for 3<sup>rd</sup> grade only. No standings are kept.
6. **Sportsmanship:** Basketball games provide players and leaders an opportunity to practice good sportsmanship and self-control. Unsportsmanlike conduct or profanity will not be allowed. The referee and YMCA Gym Supervisor is empowered to remove players and leaders from the game and to assess other issues as deemed appropriate. Any actions deemed necessary, will go under review of the Program Director and/or CEO.



## **Referee**

1. No referee's are given by YMCA. A Coach or Assistant Coach may be the referee. Referees must be in senior high school or older. If necessary, one team may supply both referees.
2. The referee must hand the ball to the player on all out-of-bounds plays except after a basket has been scored. Any out-of-bounds pass not touching any player on the court before it again goes out-of-bounds must be returned to the original point of play before again being thrown in.
3. Profanity or unseemly conduct by players or coaches will not be allowed. The referee/or YMCA Building Supervisor must not only remove the player from the floor, but a technical foul shall be called on the offending team.
4. Infractions, such as traveling, double dribble, etc. will be explained to the players as they happen.
  1. Rookies – On violation, possession changes
  2. Hoopsters – On violation, player continues play after explanation.

## **ATTENTION:**

Full Practices, Splits and Full Games must be completed within fixed 45 minute time and off court no less than 10 minutes prior to the end of your 1 hour slot. The last 10-15 minutes of your 1 hour slot is given to you so each team can have a huddle after the game to go over Pillar of Character and "what went well". These can also be done in a hallway away from the court, if wanted.