



# YMCA OF GREATER CHARLOTTE YOUTH BASKETBALL RATIONALE



## Basketball League Rules Grid

Please refer to the YMCA of Greater Charlotte Basketball Rules Grid for all age division specifications and game management details. This rationale document is meant to support and clarify any and all details in the Basketball League Rules Grid.

## Coaches

For the safety of our players and facility only one coach is allowed to stand and instruct a team throughout the duration of each game. A maximum of two coaches per team may be allowed on the bench during games, and all coaches must have completed proper Volunteer Matters credentials to be allowed in team area. Any failure to maintain this standard will result in a warning and any or all persons may be asked to leave the facility.

## 3 Point Arc

For U6 and U8, the 3-point arc may exist on the floor, all baskets made beyond this arc will only count as two points. Eliminating the 3-point basket at these age groups will encourage players to shoot from within a developmentally appropriate range

## Backcourt Timeline

Not having a timeline violation in U6 and U8 allows coaches to communicate to players before they reach half court. This assists coach's in teaching children, particularly for those first learning the game to play in control. The focus should be on half court offenses and ball control. The progression into 10 seconds is for U10 and older teams allowing the game to flow while developing skills such as ball handling, passing and decision making.

## 5 Second Violation

5 second violation counts occur when an offensive player with the ball picks up his/her dribble and is guarded. (The 5 second violation will not be enforced for U6,U8 and U10 divisions)

## Court Size/3-Point Distance

The court size and 3 point distance is recommended and ultimately depends on the facilities we have access to.

## Height of Basket

For U6 and U8 divisions, the height of the basket will be 8'. Utilizing a lower basket height for U6 and U8 allows children to develop proper shooting form and helps create a solid foundation for future development and success.  
For U10+ divisions the height of the basket will be at 10'

## Clock Stoppage

Fewer clock stoppages for U6-U8 teams allows for a better game flow. Stopping the clock in the last two minutes of the second half for U10 and older allows for additional strategic decision making for players and coaches.

## Set Defense

The man to man requirement for U6—U10 players encourages physical activity and movement. This also promotes a better understanding of the game and development of individual skill related to guarding a player on and off the ball. Players within the U6 and U8 teams should focus on teaching basic man to man principles without introducing help defense. Divisions U12 and up may use any approved defense .

## Playing Time

To ensure that all participants participating in the sport have an opportunity to experience the game, equal and fair playing time is required for all ages and players. Therefore each player must play at least 50% of each game. For U6 & U8 divisions, substitutes will be mandatory every 5 minutes of each half. For U10 and older divisions, coach's must abide by the equal playing time standard, but may sub players throughout game at their discretion.  
If a team has an odd number of players, it is highly suggested to create an equal playing time rotation before the game begins.

## Definitions

**Man to Man Defense:** Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensives player's movements with or without the ball. Defensive players must stay on the same side of the court as the offensive player.

**Double - Team/Crowding:** Two or more defensive players guarding a single offensive player.

**Press Defense:** Defensive guarding, either on or off the ball within the backcourt. Please refer to the YMCA of Greater Charlotte Basketball Rules grid for the approved pressing guidelines.

## YMCA YOUTH SPORTS CODE OF CONDUCT

All members, guests and participants are required to adhere to the YMCA of Greater Charlotte Code of Conduct. Additionally, the YMCA of Greater Charlotte reserves the right to ask any player, spectator or coach to vacate our campus or playing facilities at anytime. In the event that a player or coach is ejected from a game they must sit the next scheduled game, any ejected individual must meet with the Sports Director prior to returning to play.

No person(s) will be permitted to verbally harass opposing players, officials, staff or spectators. Harassment includes profanity, objectionable comments, questioning calls, arguing, threats or otherwise rude behavior. In the event that the person(s) in question does not leave the property, game play will be suspended until the person(s) leaves or the appropriate authorities have arrived.

All YMCA youth participants must be fully registered prior to participating in all practice/games/tournaments. Any team that plays an ineligible player will be subject to disciplinary action including but not limited to: forfeiture of game, removal from post season tournament.