



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

PRESCOTT YMCA YOUTH BASKETBALL LEAGUE DIVISION “B” RULES AND REGULATIONS

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PRESCOTT YMCA YOUTH BASKETBALL LEAGUE (YBL) DIVISION B (RECREATIONAL) 2025 RULES AND REGULATIONS

For Boy's & Girls' 9-10 & 11-13 Age Divisions:

1.) TEAM ORGANIZATION

- A team shall consist of one to three coaches and a number of players determined by the YMCA Sports Department prior to the draft.
- **Player Selection:**
 - Players will be drafted by the coaches on draft day. A lottery system will be used to determine the order of the draft.
- **Draft Rules** – All players will be dispersed to teams by way of a draft. The purpose of the draft is to disperse unprotected players equitably to teams to promote evenly matched teams within the league. Parity is a league objective. Good spirited, fun, and competitive games result from parity. The YMCA Sports Department will decide special cases.
 - **Selection Lists** – Each coach will declare his desire to coach and announce if he/she has an assistant coach. All coaches and assistant coaches will announce prior to the draft (and tryouts) their “protected players”. A “protected player” is a child or children of the head coach and/or the assistant coach and each “protected player must be drafted by a certain round which will be determined by the YMCA Sports Department.
 - **Draft Skills Evaluation** – All unprotected players will enter the league through a skills evaluation. Evaluations will be held following the end of normal registration. The YMCA Sports Department will schedule a time for Skills Evaluations. League officials will run prospective players through drills while coaches observe. Coaches will meet following the evaluation to conduct the actual draft. Those players that did

not attend the evaluation will not be drafted, but placed on teams by the YMCA Sports Department.

- **Numbers Parity:** Each team with a coach having a child on the team will have to draft their child(ren) by a certain round. Any teams with coaches or assistant coaches who have no protected players will draft all rounds without stipulations.
- **Draft format:** A chance process established by the YMCA Sports Department will determine the draft order. The draft order established in the first round will be reversed in the following round. That process will continue round after round until the draft is over.
- After the Initial Draft – The YMCA Sports Department will place players on teams from the waiting list if vacancies arise, up until the first league game.
- Players can be traded only at the time of the draft. With approval of both coaches.

For All Age Divisions:

2.) COACH REQUIREMENTS

- Coaching positions are open to any responsible person 18 years of age or older with sufficient knowledge of, and interest in the game to study it and develop teaching ability.
- Each coach should have satisfactory character and sincerity of purpose to act as a proper influence upon young minds. Qualities desired in prospective coaches include the ability to teach and hold the interest of the players; the ability to impart skills, knowledge, and fundamentals to the players; and a sense of fairness and sportsmanship.
- Coaches should take a personal interest in each player regardless of the player's athletic ability. Prospective coaches must either be referred by an existing coach or provide references for consideration.
- Coaches are evaluated annually by YMCA participants, staff and the YBL Committee.
- Coaches will be notified either immediately or at the end of the season, depending on individual case, if they are not permitted to return due to inappropriate conduct or violation of rules or

policies. If information surfaces after the end of the season, coaches may be notified at any time during the year of their inability to return.

- Any decision to deny services of a coach by the YBL Committee will result in notification of this decision to the YMCA Executive Director and the YMCA Board of Directors. The YBL Committee reserves the right to refuse the services of any volunteer coach.

3.) SPECTATOR, PARENT AND COACH BEHAVIOR:

- Decisions by YMCA referees and/or staff are final.
- YMCA Youth Sports' Coaches have the potential to influence a great number of people. We want coaches to be a positive role model for youth by maintaining an attitude of RESPECT, RESPONSIBILITY, HONESTY, and CARING.
- YMCA volunteer coaches are expected to adhere to the YMCA Philosophy, codes of conduct, and YMCA Coaching guidelines. The YMCA will not tolerate unsportsmanlike behavior.
- All coaches will be responsible for their players and parents conduct at all times i.e. before, during, and after every game and practice.
- **ONLY the coach** has the authority to consult with a referee.
- Parents, spectators, players, and coaches are expected to be examples of good sportsmanship. If a situation arises where an individual(s) are being verbally abusive, they will be warned. If the behavior persists, they will be asked to leave. The YMCA reserves the right to terminate any game in progress.
- Any type of fighting or instigation (taunting) will result in the guilty party being ejected immediately and possibly not be allowed to attend future games.
- The James Family Prescott YMCA has zero tolerance for unsportsmanlike behavior from coaches, players, parents, and spectators. We would encourage all participants to let us know if such behavior is occurring in our youth basketball program.

4.) RULES OF CONDUCT (for all participants—coaches, players, parents, and fans)

- No smoking, chewing tobacco, alcohol, nonprescription drugs are allowed at any time, and anyone believed to be under the influence, even to the slightest degree, at practices or games will be asked to leave the facility and/or grounds immediately.
- Do NOT criticize players in front of spectators. Positive reinforcement and constructive criticism at appropriate times is encouraged.
- Do NOT yell at referees and DO NOT allow your players or the parents to do so.
- Do NOT criticize an opposing team, its players, coaches, referees, or fans by word of mouth or by gestures.
- No abusive or profane language is allowed by coaches or players. Ejection from games and/or suspension from future games may be the penalty.

5.) PENALTIES/DISCIPLINE (for all participants – coaches, players, parents, and fans):

- The YBL Committee is responsible for enforcing rules and regulations of the division.
- Violation of rules and regulations will be decided by majority vote of the YBL Committee.
- The YBL Committee can reprimand, suspend for any length of time, or replace any player, coach or official, for violation of division rules.
- Disciplinary action may include, but is not limited to the following:
 - Verbal warning by an official, site supervisor or YMCA staff
 - Written warning by an official, site supervisor or YMCA staff
 - Game suspension with written documentation of incident kept on file at the Prescott YMCA Game forfeit through an official, site supervisor or YMCA staff Season suspension Permanent suspension from Prescott YMCA leagues.

- Prescott YMCA volunteer coaches, assistant coaches and referees may have immediate disciplinary action imposed, including suspension for any of the following:
 - Illegal Activity – Engaging in any illegal or criminal activity when the YMCA has a good faith belief that there has been illegal activity, whether or not there has been a formal charge made.
 - Behavioral Problems – Any person behaving in a manner that is inherently dangerous to him/herself or others. This includes any violent act, harassment, or any other behavior, which negatively impacts the integrity of the Prescott YMCA programs.
 - Alcohol / Illegal Substance – Consumption of alcohol or illegal substances, even to the slightest degree, when acting as a YMCA volunteer. Volunteers are responsible for the safety and well-being of athletes / participants. This includes, but is not limited to, all training practice sessions, the duration of the games or any other Prescott YMCA sanctioned activities where athletes/participants are present.
 - Abuse – Any person accused of or suspected of verbal, emotional or physical abuse.
- AIA rules will be followed for technical fouls (i.e., if a player receives two technical fouls in a single game, he/she will be out for the remainder of the game. If a coach receives two technical fouls, he/she will be escorted out of the facility).

6.) General Information/Rules

- **The YMCA provides game balls. Coaches must arrange to have basketballs and a first aid kit at all practices.**
- In the event of inclement weather on game day, check the YMCA Sports Department's FACEBOOK page for league information. If the schools are closed on a practice day, there will be no practice.
- There will be 1 minute for timeouts, 1 minutes for quarter breaks and, 5 minutes for half time. Each team will have two timeouts per half. (These durations may be modified by YMCA

staff in order to keep games starting at their regularly scheduled times).

- If a game is tied at the end of the 4th Quarter, overtime is at the referee's discretion.
- All teams are scheduled to play eight games, there are no makeup games.
- All games will start on time. The referees reserve the right to shorten the game to remain on schedule.
- **Each team member present will play at least two full quarters of every game, unless injured or taken out for disciplinary reasons.**
- Uniform shirts will be supplied by the Prescott YMCA and must be worn during each game. Jeans, coats, zippered clothes or street shoes are not allowed in games. Hats, bandannas, barrettes, or any jewelry may not be worn in games. Pockets in shorts and shirts are not allowed.
- Parents must complete an acknowledgement of risk form and return it to their child's coach before the child is eligible to participate in any practice or game.
- All players will receive an award at the end of the season for their participation in YBL.
- Game Schedule Changes - Games will not be rescheduled due to outside / school conflicts. If a team does not have enough players, the team will forfeit the game. Games will only be rescheduled due to facility conflicts or changes.

7.) 4 Year Old's:

- Playing Time:
 - All players must receive equal playing time, regardless of previous experience or skill level
 - Playing time will not be limited by a player's inability to attend practice.
- Official Game Time/Scoring:
 - Game will consist of four 6-minute quarters
 - Game periods will not exceed 45 minutes in length.
 - Clock will continuously run and only stop for period breaks and injuries. No timeouts.
 - No score will be kept.
 - Size 5 junior ball (circumference 27 ½") is used.
 - Coaches serve as referees and need to be on the court instructing their team, but do not impose on play unless necessary.
 - Players cannot foul. Officials (coaches) may call fouls if appropriate but explain the rules to the players.
 - 6-foot baskets are used in games.
 - Parents will serve as timekeepers.
- Game Play:
 - 5 players per team during the game.
 - No possession arrow.
 - No jump ball.
 - No switching sides at half time.
 - No free throws.
 - **No stealing. All players should be allowed to dribble, pass or shoot without obstruction from the defense.**
 - Allowances should be made for Traveling and double dribbling (Coaches should be doing their best however to teach players not to travel or double dribble).
 - Defense starts at half court.
 - No touching or body contact – keep hands in the air.
 - Man to man defense only.

5-6 Year Old's:

- Playing Time:
 - All players must receive equal playing time, regardless of previous experience or skill level
 - Playing time will not be limited by a player's inability to attend practice.
- Official Game Time/Scoring:
 - Game will consist of four 6-minute quarters
 - Game periods will not exceed 45 minutes in length.
 - Clock will continuously run and only stop for period breaks and injuries. No timeouts.
 - No score will be kept.
 - Size 5 junior ball (circumference 27 ½") is used.
 - Coaches serve as referees and need to be on the court instructing their team, but do not impose on play unless necessary.
 - Players cannot foul. Officials (coaches) may call fouls if appropriate but explain the rules to the players.
 - 6-foot baskets are used in games.
 - Parents will serve as timekeepers.
- Game Play:
 - 5 players per team during the game.
 - No possession arrow.
 - No jump ball.
 - No switching sides at half time.
 - No free throws.
 - **No stealing. All players should be allowed to dribble, pass or shoot without obstruction from the defense.**
 - Allowances should be made for Traveling and double dribbling (Coaches should be doing their best however to teach players not to travel or double dribble).
 - Defense starts at half court.
 - No touching or body contact – keep hands in the air.
 - Man to man defense only.

8.) 7-8 Year Old's:

- Playing Time:
 - All players must receive equal playing time, regardless of previous experience or skill level
 - Playing time will not be limited by a player's inability to attend practice.
- Official Game Time/Scoring:
 - Game will consist of four 7-minute quarters
 - Game periods will not exceed 45 minutes in length.
 - Clock will continuously run and only stop for period breaks and injuries. No timeouts.
 - No score will be kept.
 - Size 6 intermediate ball (circumference 28 ½") is used.
 - 8-foot basket is used in game.
 - Parents will serve as timekeepers.
- Game Play:
 - No possession arrow, coaches will alternate possessions.
 - The game will begin with a jump ball at center court.
 - Teams will switch ends at half time.
 - No free throws.
 - One coach per team is to be **OUT** on the court instructing their players. You need to be involved and instructing them the entire game.
 - Coaches serve as referees.
 - Officials (coaches) may call fouls when appropriate to explain the rules to the players.
 - No stealing the ball (except for passes). No stealing while the player is dribbling the ball or has control of the ball. **Interception of passes or blocked shots are allowed.**
 - Defensive players are expected to stay with their assigned player (MAN to MAN only).
 - Defense starts at half court. No full-court press.
 - No touching or body contact – keep hands in the air.
 - Allowances should be made for Traveling and double dribbling (Coaches should be doing their best however to teach players not to travel or double dribble).

9.) 9-10 Year Old's:

- Playing Time:
 - All players must receive equal playing time, regardless of previous experience or skill level. **Two Quarter Minimum.**
- Official Game Time/Scoring:
 - 10-minute quarters. Overtime is at the discretion of the referee.
 - A running clock will be used in all games. The clock will stop only for time outs and for whistles in the last 2 minutes of the fourth quarter. ***This could be changed at the referee's discretion if we are limited on time.***
 - Each time has 2 timeouts per half.
 - Size 6 intermediate ball (circumference 28 ½") is used for boys and girls.
 - 10-foot baskets are used.
 - Parents will serve as timers and scorekeepers.
- Game Play:
 - Teams will begin by lining up at center court to match up.
 - The game begins with a jump ball at the center court circle, and then possession will alternate between each team for all tie ball situations and quarter changes. The arrow should be turned at the end of the first half to accommodate the team's switching direction.
 - Teams will switch ends at half time.
 - The free throw line will be moved in three feet.
 - ***If a team is ahead by 15 or more points, coaches are expected to take measures to control the score.***
 - ***Coaches should encourage players to make 3-5 passes before taking shots.***
 - ***Coaches should play their less skilled players more.***
 - ***No excessive stealing or pressuring.***
 - ***Encourage your players to avoid fast breaks and work on offensive plays and passing.***
 - ***If coaches don't take measures to control the score, they may be asked to sit out a week.***

- Man to man defense only, switching is allowed; if zone defense is played a technical foul will be called on the second warning of the game (ZONE DEFENSE IS NOT ALLOWED).
- Defense starts at half court. No full-court press.
- Defensive players are expected to stay with their assigned player. Once a player enters the key with the ball help defense should be expected. Help defense is allowed—double teams are not. However, Double teams are allowed in the “Key”.
- “Over and back” will be a violation.
- **3 seconds allowed in the key.**
- Substitutions must **ONLY** take place during dead ball situations and shall be acknowledged by the referee. Player coming out should tell player coming in which player they are guarding.
- A team will enter into penalty on its seventh team foul of each half: A one-and-one free throw situation is awarded. When a team commits team foul number 10, 2 free throws will be awarded.
- A player fouled in the act of shooting will receive 2 free throws, if the shot is made only 1 bonus free throw will be shot.
- If a player control foul is called, the opposing team receives the ball out of bounds.
- If a player receives a technical foul, that player is required to sit out the remainder of the quarter. If a player receives 2 technical fouls in one game that player will be removed for the remainder of the game.

10.) 11-13 Year Old's:

- Playing Time:
 - All players must receive equal playing time, regardless of previous experience or skill level. **Two Quarter Minimum.**
- Official Game Time/Scoring:
 - 10-minute quarters. Overtime is at the discretion of the referee.
 - A running clock will be used in all games. The clock will stop only for time outs and for whistles in the last 2 minutes of the fourth quarter. ***This could be changed at the referee's discretion if we are limited on time.***
 - Each time has 2 timeouts per half.
 - Size 7 regulation ball (circumference 30") is used for boys and size.
 - Size 6 intermediate ball (circumference 28 ½") is used for girls.
 - 10-foot baskets are used.
 - Parents will serve as timers and scorekeepers.
- Game Play:
 - Teams will begin by lining up at center court to match up.
 - The game begins with a jump ball at the center court circle, and then possession will alternate between each team for all tie ball situations and quarter changes. The arrow should be turned at the end of the first half to accommodate the team's switching direction.
 - Teams will switch ends at half time.
 - Free throws will be shot from standard distance.
 - ***If a team is ahead by 15 or more points, coaches are expected to take measures to control the score.***
 - ***Coaches should encourage players to make 3-5 passes before taking shots.***
 - ***Coaches should play their less skilled players more.***
 - ***No excessive stealing or pressuring.***
 - ***Encourage your players to avoid fast breaks and work on offensive plays and passing.***

- ***If coaches don't take measures to control the score, they may be asked to sit out a week.***

- Man to man defense only, switching is allowed; if zone defense is played a technical foul will be called on the second warning of the game(ZONE DEFENSE IS NOT ALLOWED).
- Defense starts at half court.
- Defensive players are expected to stay with their assigned player. Once a player enters the key with the ball help defense should be expected. Help defense is allowed—double teams are not. However, Double teams are allowed in the “Key”.
- “Over and back” will be a violation.
- **3 seconds allowed in the key.**
- 3 pointers are allowed if the facility is equipped with a 3-point line. Both feet must be behind the line at the time of release for the 3 pointer to count for 3 points, otherwise 2 points will be awarded.
- Substitutions must **ONLY** take place during dead ball situations and shall be acknowledged by the referee. Player coming out should tell player coming in which player they are guarding.
- A team will enter into penalty on its seventh team foul of each half: A one-and-one free throw situation is awarded. When a team commits team foul number 10, 2 free throws will be awarded.
- A player fouled in the act of shooting will receive 2 free throws, if the shot is made only 1 bonus free throw will be shot.
- If a player control foul is called, the opposing team receives the ball out of bounds.
- If a player receives a technical foul, that player is required to sit out the remainder of the quarter. If a player receives 2 technical fouls in one game that player will be removed for the remainder of the game.
- Any bench technical foul receives 2 foul shots and the ball. The technical foul is given to the head coach. The second technical foul will result in the expulsion of the head coach from the gym.