

Wadsworth YMCA Champions Basketball Rules

Eligibility: Any child who is in 4th – 6th grade is eligible to participate in Champions Basketball.

League Rules:

1. For the Children Rule (The rule Over All Other Rules) states that Champions 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 a 1-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. Champions Basketball will use an intermediate 28.5" size ball and shoot at 10'0" basketball hoop.
6. Each Champions 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" (feet must be set) is allowed.
8. No coaches are allowed on the court at a time, coaches will be at the bench with the other players.
9. Each team is allowed **one** timeout per game.
10. 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.
11. Subs may only be switched during our designated time to switch for subs half way through each quarter. Exceptions are only made if a player has to come out of the game for a specific reason (sickness, injury, has to leave the game, etc.). If this is the case, that team must alert the referee (s) and the other coaches that a substitution must be made.
12. Each player must have a signed Lindsay Law completed form and turned into the Wadsworth YMCA.

Game Rules:

1. Every game begins with a jump ball. The team that wins the jump ball will start with the ball in the 1st and 4th quarter at half court. The team that loses the jump ball will start with the ball in the 2nd and 3rd quarter.
2. Games will consist of four 8-minute quarters. There will be a one-minute time out between quarters and a five minute half time.
3. Teams are not allowed to full court press, except the last 5 minutes of the fourth quarter.
4. Defense - Players are to pick up their defender at half court and always play man to man defense. Before, each game, the teams will line up and match-up players to their opponents by using different colored wristbands.
5. The ball goes out of bounds, the team that did not send it out of bound gets the ball to throw in. So, if your teammate sends the ball out of bounds, your team loses the ball.
6. The ten (10) second rule is in effect (*as best as we can monitor it) for this program when bringing the ball across the center line. There are no stalls or clear out offenses, those will be monitored as best as possible. "Setting Picks" (feet must be set) is allowed.
7. There are five main fouls that officials and coaches will be looking for:
 - a) Tripping
 - b) Holding
 - c) Shooting Foul
 - d) Reaching In

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

9. Our goal is that everyone will receive the same amount of playing time. Remember, this is a recreational league; our goal is to teach the fundamentals of the game.

10. After a team scores, that team gets back on defense past the center line. The other team takes the ball out starting from behind the base line.

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

12. When an official calls a violation or foul, the player who was fouled gets the ball out of bounds. If a shooting foul is committed, the team that drew the foul will take their foul shots as it applies to the play.

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

Terms to Know:

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.

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

Fast Break - Getting the down court quickly for an easy basket; might start after a rebound, steal, or sometimes after a basket is made.

Hand-Checking - A personal foul involving using a hand (without holding) to hinder the progress of an offensive player.

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.

Illegal Screen - One kind of blocking in which the player setting the screen is still moving when the defender makes contact; a type of personal foul.

Outlet Pass - A quick pass to move the ball as fast as possible.

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.

Passing Lane - The space between two offensive players where a pass can be made.

Pushing - Shoving an opponent; a type of personal foul.

Reaching in - Touching the body of an opponent with the ball with your arm or hand when trying to steal the ball; a type of personal foul.

Screen - On offense, placing yourself between a teammate and an opponent so that the teammate can get open for passes and shots; also sometimes called a pick.

Shooting Fouls - Any illegal contact made on a player trying to shoot the ball.

Three-second lane - The area between the baseline under the basket to the free throw line; also called the key.

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 and Jump Ball
2. Passing and Give and Go
3. Defense and Boxing Out
4. Lay-ups and Triple Threat