

3rd & 4th Grade Developmental Basketball League Rules Winona Family YMCA - 2025

1. 5 on 5 play. Two, 16-minute halves. Score will be kept.
2. The clock will stop for time outs, substitutions, and during the last 2 minutes of each half.
3. Standard 10' basket height and 28.5 ball will be used.
4. A jump ball will start the game with alternating possession thereafter.
5. One and one free throws will be shot starting on the seventh team foul; two shots will be shot starting on the tenth team foul accumulated each half.
6. Each team will have 2 one-minute time outs per half, no carryover.
7. Half Time is 3 minutes. Ball is inbounded from the sideline to start the second half.
8. All players will receive equal playing time. Subject to change based upon player fatigue, substitution or injury to player.
9. Two warnings will be given before traveling and double dribbling are called.
10. 3 and 5 second violations will not be called-but refs will remind players to get out of the lane, pass the ball, inbound the ball etc.
11. Free throws will be shot from 10 feet. Players cannot enter the lane to get the rebound until the ball hits the rim. In shooting the free throw, the shooter's feet may cross the line after the shot has been released.
12. Player to player defense ONLY.
 - a. Coaches will step onto the court at the beginning of each quarter to line up players against an opposing team's player.
 - b. Players may not begin defending their opposing player until they have crossed half court.
 - c. Once a player gains control of a rebound/loose ball, the entire defense must retreat back to the other side of the court.

Coaches are encouraged to assist their team and opposing team of this guideline.

- d. A player may pick up a loose ball or go after a rebound, but absolutely no press will be allowed. In cases where the opposing team gains possession due to pressure: the official will blow the whistle, remind everyone that they may not begin defense until their player crosses half court, and return the ball to the original team to inbound from the sideline.

13. **At the end of the game, to give everyone an opportunity to score, each person will shoot one free throw. Free throws will count towards the final team score. Teams will shoot an equal number of free throws. Tie scores will end in a tie. Players, coaches and officials are required to shake hands after all free throws have been completed.**

14. Rules interpretations will be at the discretion of the YMCA staff (officials, site supervisors, coordinators, director, etc...). All coaches, players and spectators: we ask that you show support and respect to the officials and opposing players and coaches in the gymnasium. The progress of the game and conduct of the players are at the discretion of the officials. Their decisions are final.