



D3 RULES

	1 st /2 nd Grade	3 rd /4 th Grade	5 th /6 th Grade	7 th & 8 th Grade	High School
RULES	National Federation of High School Associates (NFHS) and AIA Rules in affect unless noted.	National Federation of High School Associates (NFHS) and AIA Rules in affect unless noted.	National Federation of High School Associates (NFHS) and AIA Rules in affect unless noted.	National Federation of High School Associates (NFHS) and AIA Rules in affect unless noted.	National Federation of High School Associates (NFHS) and AIA Rules in affect unless noted.
BALL SIZE	27.0 Junior Size	28.5 - Intermediate	29.5 - Full Size	29.5 - Full Size	29.5 - Full Size
COURT SIZE	Half Court or small Full Court	Preferably Full-Court	Full Court	Full Court	Full Court
BASKET HEIGHT	8 Feet	10 Feet	10 Feet	10 Feet	10 Feet
GAME TIME	32 minutes - 4 (8) minute quarters	32 minutes - 4 (8) minute quarters	40 minutes - 4 (10) minute quarters - Clock will stop in the last 2 minutes of the 4th quarter (unless a team is up by 20 points)	40 minutes - 4 (10) minute quarters - Clock will stop in the last 2 minutes of the 4th quarter (unless a team is up by 20 points)	40 minutes - 4 (10) minute quarters - Clock will stop in the last 2 minutes of the 4th quarter (unless a team is up by 20 points)
PLAYING TIME	The most important part of YMCA Sports is participation. Each player is entitled to play at least half of every game. It is the responsibility of each individual coach to see that every participant plays in at least half of every game.	The most important part of YMCA Sports is participation. Each player is entitled to play at least half of every game. It is the responsibility of each individual coach to see that every participant plays in at least half of every game.	Q1: 5 players start and play entire 1st quarter Q2: 5 New players start and play the entire quarter Q3: 5 players start and play the 1st 5 minutes, 5 new players enter and finish quarter Q4: Open substitution	Q1: 5 players start and play entire 1st quarter Q2: 5 New players start and play the entire quarter Q3: 5 players start and play the 1st 5 minutes, 5 new players enter and finish quarter Q4: Open substitution	Q1: 5 players start and play entire 1st quarter Q2: 5 New players start and play the entire quarter Q3: 5 players start and play the 1st 5 minutes, 5 new players enter and finish quarter Q4: Open substitution
SUBSTITUTION	Substitutions must be made between quarters or if an injury occurs.	Substitutions must be made between quarters or if an injury occurs.	Substitutions must be made between quarters or if an injury occurs.	Substitutions must be made between quarters or if an injury occurs.	Substitutions must be made between quarters or if an injury occurs.
OVERTIME	NO	NO	NO	NO	NO
PRESSING	NO	NO	Yes -Only in the 4th quarter only if a team is not up by more than 15 points.	Yes -Only in the 4th quarter only if a team is not up by more than 15 points.	Yes -Only in the 4th quarter only if a team is not up by more than 15 points.

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DEFENSE	Teams may not use a Zone Defense, only Man-to-Man will apply. If possible, use wristbands to determine player to be guarded.	Teams may not use a Zone Defense, only Man-to-Man will apply. If possible, use wristbands to determine player to be guarded.	First Half - Man-to-Man Second Half - Man to Man or Zone Defense	First Half - Man-to-Man Second Half - Man-to-Man or Zone Defense	First Half - Man-to-Man Second Half - Man-to-Man or Zone Defense
SCORING	No score kept	Yes, however score turned off if a team is up by more than 20 points	Yes, however score turned off if a team is up by more than 20 points	Yes	Yes
TIME OUTS	1 per half	1 per half	3 per game	3 per game	3 per game
FREE THROWS	No. The ball will be taken out of bounds.	Yes, the free throw line is 12 feet.	Yes, the free throw line is 15 feet.	Yes, the free throw line is 15 feet.	Yes, the free throw line is 15 feet.
BONUS	NO	NO	A team's seventh (7 th) foul per half - Bonus rule (1+1). A team's tenth (10 th) foul per half - Two (2) free throws.	A team's seventh (7 th) foul per half - Bonus rule (1+1). A team's tenth (10 th) foul per half - Two (2) free throws.	A team's seventh (7 th) foul per half - Bonus rule (1+1). A team's tenth (10 th) foul per half - Two (2) free throws.
PERSONAL FOULS DISQUALIFICATION	Only team fouls will be recorded. No individual fouls will be called unless excessive conduct occurs. No player can foul out, however, if excess fouling occurs, player will be asked to sit down.	Only team fouls will be recorded. No individual fouls will be called unless excessive conduct occurs. No player can foul out, however, if excess fouling occurs, player will be asked to sit down.	On the players 5th foul, he/she is disqualified.	On the players 5th foul, he/she is disqualified.	On the players 5th foul, he/she is disqualified.
CODE OF CONDUCT	Coaches are responsible for the conduct of their players, parents, coaches and fans. The coach must set the tone for positive behavior from the kids and parents. The team will look at the coach as a role model and will generally replicate what the coach does. - COACH MUST WEAR A YMCA, JR. SUNS/JR. MERCURY OR YOUR SPECIFIC TEAM LOGO SHIRT AT EVERY GAME.	Coaches are responsible for the conduct of their players, parents, coaches and fans. The coach must set the tone for positive behavior from the kids and parents. The team will look at the coach as a role model and will generally replicate what the coach does. - COACH MUST WEAR A YMCA, JR. SUNS/JR. MERCURY OR YOUR SPECIFIC TEAM LOGO SHIRT AT EVERY GAME.	Coaches are responsible for the conduct of their players, parents, coaches and fans. The coach must set the tone for positive behavior from the kids and parents. The team will look at the coach as a role model and will generally replicate what the coach does. - COACH MUST WEAR A YMCA, JR. SUNS/JR. MERCURY OR YOUR SPECIFIC TEAM LOGO SHIRT AT EVERY GAME.	Coaches are responsible for the conduct of their players, parents, coaches and fans. The coach must set the tone for positive behavior from the kids and parents. The team will look at the coach as a role model and will generally replicate what the coach does. - COACH MUST WEAR A YMCA, JR. SUNS/JR. MERCURY OR YOUR SPECIFIC TEAM LOGO SHIRT AT EVERY GAME.	Coaches are responsible for the conduct of their players, parents, coaches and fans. The coach must set the tone for positive behavior from the kids and parents. The team will look at the coach as a role model and will generally replicate what the coach does. - COACH MUST WEAR A YMCA, JR. SUNS/JR. MERCURY OR YOUR SPECIFIC TEAM LOGO SHIRT AT EVERY GAME.

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<p style="text-align: center;">LATE POLICY</p>	<p>-It is imperative for games to start on time. Nevertheless, there is a 10 minute grace period for the start of the game if a team does not have at least 4 players. Teams can start with 4 players - If after the 10 minute time period a team is unable to start 4 players the game will not be played.</p>	<p>-It is imperative for games to start on time. Nevertheless, there is a 10 minute grace period for the start of the game if a team does not have at least 4 players. Teams can start with 4 players - If after the 10 minute time period a team is unable to start 4 players the game will not be played.</p>	<p>-It is imperative for games to start on time. Nevertheless, there is a 10 minute grace period for the start of the game if a team does not have at least 4 players. - After the original start time and the before the 10 minute grace period ends, it will be considered a regulation game with the following changes: 1) Game will be counted as an official game. 2) 30-second intermission between quarters. 3) 1 minute half-time intermission. 4) Teams can start with 4 players - If after the 10 minute time period a team is unable to start 4 players the game is considered a forfeit and will not be rescheduled.</p>	<p>-It is imperative for games to start on time. Nevertheless, there is a 10 minute grace period for the start of the game if a team does not have at least 4 players. - After the original start time and the before the 10 minute grace period ends, it will be considered a regulation game with the following changes: 1) Game will be counted as an official game. 2) 30-second intermission between quarters. 3) 1 minute half-time intermission. 4) Teams can start with 4 players - If after the 10 minute time period a team is unable to start 4 players the game is considered a forfeit and will not be rescheduled.</p>	<p>-It is imperative for games to start on time. Nevertheless, there is a 10 minute grace period for the start of the game if a team does not have at least 4 players. - After the original start time and the before the 10 minute grace period ends, it will be considered a regulation game with the following changes: 1) Game will be counted as an official game. 2) 30-second intermission between quarters. 3) 1 minute half-time intermission. 4) Teams can start with 4 players - If after the 10 minute time period a team is unable to start 4 players the game is considered a forfeit and will not be rescheduled.</p>
<p style="text-align: center;">NO SHOW POLICY</p>	<p>-Make every effort to show-up for your game. - However if your team does not have enough players, we encourage you to collaborate with the opposing coach to allow for a game to be played.</p>	<p>-Make every effort to show-up for your game. - If your team does not have at least 4 players, that game will count as a loss and will not be rescheduled. However, we encourage you to collaborate with opposing coach to allow for a game to be played.</p>	<p>-Make every effort to show-up for your game. - If your team does not have at least 4 players, that game will count as a loss and will not be rescheduled. However, we encourage you to collaborate with opposing coach to allow for a game to be played.</p>	<p>-Make every effort to show-up for your game. - If your team does not have at least 4 players, that game will count as a loss and will not be rescheduled. However, we encourage you to collaborate with opposing coach to allow for a game to be played.</p>	