

YMCA Rules of the Game

Instructional (3-4 Year Olds) Basketball Rules

1. Athletes first, Winning second
2. Games will consist of 4 quarters, 8 minutes each with a running clock. There will be approx.. 1 minute between quarters and 3 minutes for half time.
3. Coaches will be on the court during games to officiate and instruct their players. Coaches should discuss before beginning, how to "call" the game. Remember this is instructional, if violations and fouls are called, they should always be explained to the player.
4. Substitutions: Coaches will stop the game at the half way point of each quarter for substitutions This is not a time out. Coaches will blow the whistle and ask for subs. After blowing the whistle, coaches will immediately walk to the center circle to do a line up so all kids can figure out whom they are guarding. The ball will be given to whoever has the next possession.
5. Score **WILL NOT** be kept.
6. The participants should be taught the basic fundamentals of the game: passing, dribbling, shooting & rebounding. No lane violations should be called in this age division.
7. Teams must play man-to-man defense. No double teaming or pressing is allowed. This will be difficult to teach. Upon starting, line up players from both teams and explain to each child who they should be guarding.
8. Once a team obtains possession of the ball in its own backcourt (rebound, steal, etc.), they cannot be pressured by the defensive team.
9. Defensive players should be taught to set up no closer than the top of the key in their own backcourt to await the offensive team.
10. Defensive players must keep their hands up and cannot steal the ball.
11. Proper dribbling should be taught during practices. During game situations, the coaches will decide together how "tight" to call these violations.
12. Start the game/scrimmage with a jump ball, then use alternating possession rule for the rest of the game.
13. Coaches and players must sit opposite the fans in the gyms with room. This will help keep the kids involved in the game and be less distracted by the parents.

14. Each player should get equal playing time and should get an opportunity to play each position.
15. Any player who sustains an injury in which bleeding occurs will promptly be removed from the game until the bleeding has stopped.
16. Each team must provide a volunteer each game to keep score and keep time.

Uniform/Equipment:

- Team shirts are NOT to be altered in any way (i.e., cut sleeves, holes, writing, etc.)- No names printed on back of shirts.
- Shorts must be pulled over hips, shirts tucked in, no jewelry of any kind.
- Proper athletic shoes are required for playing.
- Ball Size: Mini size
- The rim will be set at 6 feet.

Consequences of ejection from a game:

- A coach is inevitably responsible for the behavior of themselves, the assistants, the players and their fans. If a coach does not feel that they can control their fans, the YMCA gym supervisor will handle the matter.
- If a player is ejected from a game, they must sit out the remainder of the game and the next game. If a player is ejected again within the season, this player is expelled from the league.
- If a coach is ejected from a game, that coach must leave the YMCA facility. The coach is also suspended from the next game. If inappropriate behavior occurs again by this coach, the coach will be expelled from the league.
- If a parent is ejected from the game, they must leave the YMCA facility and are prohibited from attending the next game. If this same parent is ejected from a second game, that parent is permanently unable to attend any more YMCA games.
- YMCA Sports Director has the final decision in all instances that occur at the site.
- Expulsions/suspensions from the league will be handled by the league director.

Consequences of inappropriate behavior:

- Fans/players/coaches who display inappropriate behavior will be dealt with individually. Possible suspensions, expulsions, warnings may be issued.

Make-Up Games:

- Sports Director will decide if games will be made-up and when.

YMCA Staff:

- YMCA supervisors shall be present and visible at all game. If you need assistance or have questions, please contact the supervisor at the gym. Any further questions may be directed to the YMCA Youth Sports Department.

Please be respectful when handing out snacks and follow any gym rules that are in place. Team parents and coaches are required to pass out any post-game refreshments on the sideline off of the court. This will enable the next game to start on time and to ensure the facilities remain clean. This is a requirement of the YMCA, and must be followed by ALL. These requirements must be followed to ensure the continuous use of these facilities.

Instructional (5-6 Year Olds) Basketball Rules

1. Athlete's First, Winning Second
2. Games will consist of 4 quarters, 8 minutes each with a running clock. There will be approx. 1 minute between quarters and 3 minutes for half time.
3. SUBSTITUTIONS: Refs will stop the game at the half way point of each quarter for substitutions. This is not a time out. Refs will blow the whistle and asks for subs. Coaches are asked to have kids ready to sub in. After blowing whistle, Refs will immediately walk to the center circle to do a line up so all kids can figure out whom they are guarding. Refs will give ball to whoever has the next possession (being monitored by staff/vol.) at the scorer's table.
4. **Score will be kept by quarter only. Once the quarter ends, the score will begin at "0" for each team.**
5. It is suggested at the beginning of the season, the majority of each practice time should be for drills. As the season progresses, more time can be allocated for game-situation scrimmages.
6. The coaches will be on the court during games to assist referees and officials. Coaches should discuss before beginning, how to "call" the game. Remember this is instructional, if violations and fouls are called, they should always be explained to the player. For the 5-6 age division, coaches may be on the court to help the players, but there will be an official provided to call the game.
7. The participants should be taught the basic fundamentals of the game: passing, dribbling, shooting & rebounding. No lane violations should be called in this age division.
8. Teams must play man-to-man defense. No double teaming or pressing is allowed. This will be difficult to teach! Upon starting, line up players from both teams and explain to each child who they should be guarding.
9. Once a team obtains possession of the ball in its own backcourt (rebound, steal, etc.), they cannot be pressured by the defensive team.
10. Defensive players should be taught to set up no closer than the top of the key in their own backcourt to await the offensive team.
11. Proper dribbling should be taught during practices. During game situations, the coaches will decide together how "tight" to call these violations.

12. Free throws will be taken from the designated free throw line on the court.
13. Start the game/scrimmage with a jump ball, then use alternating possession rule for the rest of the game.
14. Coaches and players must sit opposite the fans in the gyms with room. This will help keep the kids involved in the game and be less distracted by the parents.
15. Each player should get equal playing time and should get an opportunity to play each position.
16. Any player who sustains an injury in which bleeding occurs will promptly be removed from the game until the bleeding has stopped.
17. Each team must provide a volunteer each game to keep score/fouls and keep time.

Uniform/Equipment:

- Team shirts are NOT to be altered in any way (i.e., cut sleeves, holes, writing, etc.)- No names printed on back of shirts.
- Shorts must be pulled over hips, shirts tucked in, no jewelry of any kind.
- Proper athletic shoes are required for playing.
- Ball Size: Youth size
- The rim will be set at 8 feet.

Consequences of ejection from a game:

- A coach is inevitably responsible for the behavior of themselves, the assistants, the players and their fans. If a coach does not feel that they can control their fans, the YMCA gym supervisor will handle the matter.
- If a player is ejected from a game, they must sit out the remainder of the game and the next game. If a player is ejected again within the season, this player is expelled from the league.
- If a coach is ejected from a game, that coach must leave the YMCA facility. The coach is also suspended from the next game. If inappropriate behavior occurs again by this coach, the coach will be expelled from the league.
- If a parent is ejected from the game, they must leave the YMCA facility and are prohibited from attending the next game. If this same parent is ejected from a second game, that parent is permanently unable to attend any more YMCA games.
- YMCA Sports Director has the final decision in all instances that occur at the site.
- Expulsions/suspensions from the league will be handled by the league director.

Consequences of inappropriate behavior:

- Fans/players/coaches who display inappropriate behavior will be dealt with individually. Possible suspensions, expulsions, warnings may be issued.

Make-Up Games:

- Sports Director will decide if games will be made-up and when.

YMCA Staff:

- YMCA supervisors shall be present and visible at all game. If you need assistance or have questions, please contact the supervisor at the gym. Any further questions may be directed to the YMCA Youth Sports Department.

Please be respectful when handing out snacks and follow any gym rules that are in place. Team parents and coaches are required to pass out any post-game refreshments on the sideline off the court. This will enable the next game to start on time and to ensure the facilities remain clean. This is a requirement of the YMCA, and must be followed by ALL. These requirements must be followed to ensure the continuous use of these facilities.

7-8 Year Old Recreational League Rules

1. Athlete's First, Winning Second
2. Games will consist of 4 quarters, 8 minutes each with a running clock. There will be approx. 1 minute between quarters and 3 minutes for half time.
3. The clock will stop the last minute of the second half only. If a team has a 20+ point lead, the clock will not stop the last minute.
4. SUBSTITUTIONS: Refs will stop the game at the half way point of each quarter for substitutions. This is not a time out. Refs will blow the whistle and asks for subs. Coaches are asked to have kids ready to sub in. After blowing whistle, Refs will immediately walk to the center circle to do a line up so all kids can figure out whom they are guarding. Refs will give ball to whoever has the next possession (being monitored by staff/vol.) at the scorer's table.
5. Score will be kept by half only. Once the half ends, the score will begin at "0" for each team.
6. Games will begin on time at the top of each hour or as written on the schedule. Time will stop only for time-outs or injuries. Each team is allowed 1 time-out per half.
7. Each player has five fouls. On the fifth foul the player is out of the game.
8. The clock runs continuously. Each player will play a minimum of 2 quarters worth (20 minutes) in every game.
9. 7-8 year old teams may play man-to-man and zone defense. No trapping.
10. Defensive players should be taught to set up no closer than the top of the key in their own backcourt to await the offensive team. (If the offensive team elects to fast break, the defense will be allowed to pressure the ball beginning at half-court.)
11. Once a team obtains possession of the ball in its own backcourt (rebound, steal, etc.) it CANNOT be pressured by the defensive team. The offensive team has 10 seconds to bring the ball in to the frontcourt.
12. Fast breaking is allowed on rebounds and steals, etc...until that team has a 10-point lead, and then the defense must be allowed to set up.
13. Traveling and double dribbling: For the first two (2) games the referee will allow two warnings for each team. Those warnings will not result in a loss of possession. After the two warnings issued all violations will be enforced but will result in loss of

possession. Beginning with the third game, all traveling and double dribble violations will be enforced without warnings.

14. Free throws will be taken from the designated free throw line. Bonus situation begins on the 7th team foul.

15. Alternating possession rule will be in effect.

16. Games ending in ties will remain that way. No overtimes.

17. Coaches and players must sit opposite the fans in gyms with room. This will help keep the kids involved in the game and be less distracted by the parents.

18. Each team must provide a volunteer each game to keep score/fouls and keep time.

19. Any player who sustains an injury in which bleeding occurs will promptly be removed from the game until the bleeding has stopped. Free substitutions will be allowed in these instances.

Uniform/Equipment:

- Team shirts are NOT to be altered in any way (i.e., cut sleeves, holes, writing, etc.)- No names printed on back of shirts.
- Shorts must be pulled over hips, shirts tucked in, no jewelry of any kind.
- Proper athletic shoes are required for playing.
- Ball Size: Youth size
- The rim will be set at 8 feet.

Consequences of ejection from a game:

- A coach is inevitably responsible for the behavior of themselves, the assistants, the players and their fans. If a coach does not feel that they can control their fans, the YMCA gym supervisor will handle the matter.
- If a player is ejected from a game, they must sit out the remainder of the game and the next game. If a player is ejected again within the season, this player is expelled from the league.
- If a coach is ejected from a game, that coach must leave the YMCA facility. The coach is also suspended from the next game. If inappropriate behavior occurs again by this coach, the coach will be expelled from the league.
- If a parent is ejected from the game, they must leave the YMCA facility and are prohibited from attending the next game. If this same parent is ejected from a second game, that parent is permanently unable to attend any more YMCA games.

- YMCA Sports Director has the final decision in all instances that occur at the site.
- Expulsions/suspensions from the league will be handled by the league director.

Consequences of inappropriate behavior:

- Fans/players/coaches who display inappropriate behavior will be dealt with individually. Possible suspensions, expulsions, warnings may be issued.

Make-Up Games:

- Sports Director will decide if games will be made-up and when.

YMCA Staff:

- YMCA supervisors shall be present and visible at all game. If you need assistance or have questions, please contact the supervisor at the gym. Any further questions may be directed to the YMCA Youth Sports Department.

Please be respectful when handing out snacks and follow any gym rules that are in place. Team parents and coaches are required to pass out any post-game refreshments on the sideline off the court. This will enable the next game to start on time and to ensure the facilities remain clean. This is a requirement of the YMCA, and must be followed by ALL. These requirements must be followed to ensure the continuous use of these facilities.

9-12 Year Old Recreational League Rules

1. Athlete's First, Winning Second
2. Games will consist of 4 quarters, 10 minutes each with a running clock. There will be approx. 1 minute between quarters and 3 minutes for half time.
3. The clock will stop the last minute of the second half only. If a team has a 20+ point lead, the clock will not stop the last minute.
4. Substitutions: Teams can sub players at any dead ball situation. Refs will not stop the clock at the halfway point of the quarter to ask for subs.
5. Games will begin on time at the top of each hour or as specified on the game schedules. Time will stop only for time-outs or injuries. **Each team is allowed 1 time-out per half.**
6. Each player has five fouls. On the fifth foul the player is out of the game.
7. 5-second lane violations will be called.
8. The clock runs continuously. Each player will play a minimum of 2 quarters in every game.
9. Stalling is not allowed. First offenses will result in a warning, followed by technical fouls for repeated offenses.
10. Fast breaks are allowed, but fast-breaking is not allowed if the team is **20** or more points ahead. After a team has a 20-point lead, they must allow the defense to set up before proceeding.
11. 9-12 year old teams may play man-to-man defense or zone defense.
12. 9-12 year old teams may use half-court press. The offensive team has 10 seconds to bring the ball into the frontcourt (centerline) where teams can start playing defense.
13. If the offensive team elects to fast break, the defense may apply pressure full-court. If the offensive team walks the ball up the court, the defense may not pressure until half-court.
14. Traveling and double dribbling will be strictly enforced.
15. Free throws will be taken from the designated free throw line. Bonus situation begins on the 7th team foul.

16. Alternating possession rule will be in effect.
17. Games ending in ties will remain that way. No overtimes.
18. Coaches and players must sit opposite the fans in gyms with room. This will help keep the kids involved in the game and be less distracted by the parents.
19. **Each team must provide a volunteer each game to keep score/fouls or time.**
20. Any player who sustains an injury in which bleeding occurs will promptly be removed from the game until the bleeding has stopped. Free substitutions will be allowed in these instances.

Uniform/Equipment:

- **Team shirts are NOT to be altered in any way (i.e., cut sleeves, holes, writing, etc.)- No names printed on back of shirts.**
- Shorts must be pulled over hips, shirts tucked in, no jewelry of any kind.
- Proper athletic shoes are required for playing.
- Ball Size: Official Women's size- 28.5
- The rim will be set at 10 feet.

Consequences of ejection from a game:

- A coach is inevitably responsible for the behavior of themselves, the assistants, the players and their fans. If a coach does not feel that they can control their fans, the YMCA gym supervisor will handle the matter.
- If a player is ejected from a game, they must sit out the remainder of the game and the next game. If a player is ejected again within the season, this player is expelled from the league.
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