

YMCA YOUTH BASKETBALL RULES & PROCEDURES

1. All players on each team must play a minimum of two quarters in each game. All substitutions will be made on the fly. ALL players play an equal time each game.
2. Games will consist of four 7-minute quarters. Games will start and end on time. Games may start with 4 players. In the case of one team being short players, the referee may recruit players from the opposing team to fill out the other team. If players arrive late, the “loaned” players should return to their team. Only players that are registered in the program are allowed to play. If a team is short players and there are players from other teams wishing to play, both teams’ coaches must talk with the referee and all must agree for them to play. If players from that team then arrive late and the extra players are no longer needed, they must stop playing. When a team has at least 5 players, no other players from other teams will be allowed to play.
3. All fouls will be played as out-of-bounds balls.

GAMES

6/7 year olds will play on ½ gym side-to-side **using 8.0’ hoops**

8/9 year olds will play on ½ gym side-to-side **using 9.0’ hoops**

10-12 year olds will play full court end-to-end using regulation goals.

** We use the regular side backboards with adjustable height system for 6/7 and 8/9 year old groups. We feel age-appropriate sport equipment is the best way to teach and learn to play the sport. We’d rather the players learn to shoot correctly than have to heave and throw the ball just to get it to the basket. Also, basketballs for 6/7 will be youth size – 27.0”; 8/9 year old groups will be – 28.5”; and 10/12 year olds using the regulation size 30” ball.

4. **PLAYING DEFENSE:** No Pressing. Once team controls the ball, other team must then fall back into their defensive area. Defense can only be played within the areas described below. The ball *cannot* be stolen off of the dribble or when a player is holding it (possession). Ball can only be stolen off of a pass into or within the defensive area. Zone only – no man to man. Attempting to block a shot is allowed.
 - 6/7 age group: the defense cannot come out of the foul lane to defend a player, pass, or shot.
 - 8/9 age group: the defense cannot come out past the foul line extended to each sideline, to defend a player, pass, or shot.
 - 10/12 age group: the defense cannot come out past the three-point line to defend a player, pass, or shot.
5. The Referee will decide which team gets the ball to begin the game for 6/7 year olds. Alternating throw-ins will take the place afterwards. 8 – 12 age groups will have one jump ball per game – at the beginning of the game. Alternating throw-ins will take the place of the jump balls afterwards. But again, no stealing or attempting to tie ball up when player has possession.
6. The referee will use her/his discretion when making double dribble, walking, and 3-second calls. Encouragement & teaching fundamental skills will be emphasized, *not* strict adherence to the rules.
7. Fair play and the “Y” character values of Caring, Honesty, Respect and Responsibility will be emphasized, rather than winning. No game score shall be kept – everyone wins by participating.
8. Each team will have one 30-second time-out per game.

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YMCA Mission:

To put Christian Principles into practice through programs that build healthy spirit, mind and body for all.