



**YMCA**  
**YOUTH SPORTS**  
**BASKETBALL RULES**



## **3 & 4 AND 5 & 6 YEAR OLD LEAGUES**

### **I. PLAYING TIME**

- A. All players must receive equal playing time, regardless of previous experience or skill level.
- B. Playing time will not be limited by a player's inability to attend practice.

### **II. OFFICIAL GAME TIME/ SCORING**

- A. A game will consist of four six minute quarters.
- B. The clock will run continuously and will only stop for timeouts and injuries.
- C. League standings will not be kept.
- D. Players cannot foul out. Officials may call fouls if appropriate but explain the rules to the players.
- E. The goal will be set at a height of six feet for three and four year olds.
- F. The goal will be set at a height of seven feet for five and six year olds.
- G. A junior sized basketball will be used for both three and four year olds and five and six year old leagues.
- H. **No score will be kept.**

### **III. TIMEOUTS**

- A. Each team will be allowed two timeouts per half.
- B. Timeouts will not carry over from the first half to the second half.
- C. Timeouts will last one minute.
- D. Timeouts may be called by either the coach or the players on the court.
- E. Timeouts may only be called by the team in possession of the basketball.

### **IV. DEFENSE**

- A. No press of any type is allowed.
- B. Players must retreat across the mid-court line and allow the ball and player with the ball to cross mid-court unimpeded.

### **V. SUBSTITUTIONS**

- A. Teams may substitute players on dead balls, during time-outs, or at the end of the quarter.

### **VI. MISCELLANEOUS**

- A. Games may not be protested due to any circumstances. The ruling of the officials is final.
- B. Players pledge will be recited before every game with the parents.
- C. Games will not be rescheduled due to a team conflict with the published schedule.
- D. Team rosters will not consist of more than 10 players, unless prior permission is granted from the YMCA Sports Coordinator.
- E. Any questions, comments or concerns should be directed to the YMCA Sports Coordinator.

**6u- Games are officiated by coaches, therefore coaches should have a whistle & may coach on the basketball court.**

## 7 & 8 YEAR OLD LEAGUE

### I. PLAYING TIME

- A. All players must receive equal playing time, regardless of previous experience or skill level.
- B. Playing time will not be limited by a player's inability to attend practice.

### II. OFFICIAL GAME TIME/ SCORING

- A. A game will consist of four seven minute quarters.
- B. The clock will run continuously and will only stop for timeouts and injuries.
- C. Competitive Basketball will keep league standings. League standings will not be kept for non-competitive basketball.
- D. No overtime periods will be played.
- E. Officials may call fouls when appropriate to explain the rules to the players.  
Players can only foul out in the competitive league.
- F. Free throws will be shot from the white stripe.
- G. The goal will be set at a height of eight feet.
- H. A women's sized basketball (28.5") will be used.

### III. TIMEOUTS

- A. Each team will be allowed two timeouts per half.
- B. Timeouts will not carry over from the first half to the second half.
- C. Timeouts will last one minute.
- D. Timeouts may be called by either the coach or the players on the court.
- E. Timeouts may only be called by the team in possession of the basketball.

### IV. DEFENSE

- A. Any defense is permitted as long as players are in the half court.
- B. No press of any type is allowed.
- C. Players must retreat across the mid-court line and allow the ball and player with the ball to cross mid-court unimpeded.

### V. SUBSTITUTIONS

- A. Teams may substitute players on dead balls, during time-outs, or at the end of the quarter.

### VI. MISCELLANEOUS

- A. Games may not be protested due to any circumstances. The ruling of the officials is final.
- B. Players pledge will be recited before every game.
- C. Games will not be rescheduled due to a team conflict with the published schedule.
- D. Team rosters will not consist of more than 10 players, unless prior permission is granted from the YMCA Sports Coordinator.
- E. Any questions, comments or concerns should be directed to the YMCA Sports Coordinator.

## 9 - 12 YEAR OLD LEAGUE

### I. PLAYING TIME

- A. All players must receive equal playing time, regardless of previous experience or skill level.
- B. Playing time will not be limited by a player's inability to attend practice.

### II. OFFICIAL GAME TIME/ SCORING

- A. A game will consist of four eight minute quarters.
- B. The clock will run continuously and will only stop for timeouts and injuries.
- C. Competitive Basketball will keep league standings. League standings will not be kept for non-competitive basketball.
- D. Competitive Basketball will keep score. Score will not be kept for non-competitive basketball.
- E. Two minute overtime periods will be played.
- F. Fouls will be kept by the officials. A player will foul out of the game after five fouls.
- G. Free throws will be shot from the regulation free throw line.
- H. The goal will be set at a height of 10 feet.
- I. A women's sized basketball (28.5") will be used.

### III. TIMEOUTS

- A. Each team will be allowed 2 timeouts per half.
- B. Timeouts will not carry over from the first half to the second half.
- C. Timeouts will last one minute.
- D. Timeouts may be called by the coach or the players on the court.
- E. Timeouts can only be called by the team in possession of the ball.

### IV. DEFENSE

- A. Any defense is permitted as long as players are in the half court.
- B. Players must retreat across the mid-court line and allow the ball and player with the ball to cross mid-court unimpeded.

### V. SUBSTITUTIONS

- A. Teams may substitute players on dead balls, during time-outs, or at the end of the quarter.

### VI. MISCELLANEOUS

- A. Games may not be protested due to any circumstances. The ruling of the officials is final.
- B. Players pledge will be recited before every game.
- C. Games will not be rescheduled due to a team conflict with the published schedule.
- D. Team rosters will not consist of more than 10 players, unless prior permission is granted from the YMCA Sports Coordinator.
- E. Any questions, comments or concerns should be directed to the YMCA Sports Coordinator.

**Reschedule/Cancellation Policy:**

Games that are cancelled due to inclement weather or scheduling conflicts by the Y may be rescheduled but are not guaranteed. Any other cancellations will NOT be rescheduled.

**Background Check**

- All coaches who will be present in the bench area must complete a volunteer application.
- Rosters will not be passed out to coaches who have not completely filled out their application. This application is essential to the safety of the children.

**YMCA Mission Statement:**

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

**Spectator Conduct**

Only positive reinforcement is accepted during a Y sporting events.

Fans that display poor sportsmanship can and will be asked to leave the facility.

Badgering officials is a form of poor sportsmanship and will not be tolerated.

Fans should refrain from vocal instruction of players during a game. This should be left up to the coach. Also parents are not allowed on the court/field during game time for any reason. If a parent goes onto the court during the game they are subject to suspension for the rest of the season and other Y sporting events.

Spectators who have been asked to leave are subject to being banned from further Y events. This will be at the consent of the Sports Coordinator and Sports Committee.

Parents are asked to stand 10 feet from the sidelines during play.

**YMCA Youth Sports Pledge:**

"Win or lose, I pledge before God to play the game as well as I know how, to obey all the rules, to be a good sport at all times, and to improve myself in spirit, mind, and body."