



## Youth Basketball Rules

### 4yr, 5yr, K & 1<sup>st</sup> - 2<sup>nd</sup> Grade

1. Have Fun! "Kids First, Winning Second"
2. **4/5/K:** will play four (4) nine (9) minute quarters. There will be a one (1) minute break every 4 1/2 minutes for subs (clock stops), and four (4) minutes for half time. All other time is kept with a "running clock".  
  
**Grades 1 & 2:** will play four (4) ten (10) minute quarters. There will be a one (1) minute break every five (5) minutes for subs (clock stops), and four (4) minutes for half time. All other time is kept with a "running clock".
3. Each team has one (1) timeout for one (1) minute per half. A team is not allowed to call a timeout when there are two (2) minutes or less in the 2<sup>nd</sup> or 4<sup>th</sup> quarters, except for injury. The clock will not stop.
4. At least five (5) players must be present to start a game. A team will be allowed five (5) minutes past the starting time to field a team. After five (5) minutes players must be substituted from the other team so that play can start. **If a game is started late due to not enough players at start time, the length of quarters will be adjusted accordingly to ensure the game finishes on time.**
5. **Coaches on Court:**  
4/5/K = 1 coach per team on the court at a time.  
1<sup>st</sup> - 2<sup>nd</sup> = 1 coach per team is allowed under their defensive basket.
6. If there is a defensive foul, the offensive team will receive the ball in the back court where no defense will be played.
7. Every attempt must be made to allow each member of the squad to play at least one half of each game.
8. No more than one (1) 60 minute practice per week.
9. No three-second-violation rule.
10. No full-court press allowed.
11. **No defense is allowed until offense is past the half court line.**
12. No jumping to block shots or "reaching in", defenders must stay on the ground with hands in a vertical position.
13. **Man to man defense only;** players must maintain an arm's length away from the offensive player. The ball may NOT be stolen off the dribble. Passes may be intercepted, but NO fast breaks are allowed.
14. No picks or screens.

15. Double dribbles and traveling will be called (1<sup>st</sup>-2<sup>nd</sup>).
16. Tennis or Basketball shoes must be worn on the court, no black soled shoes. All youth basketball players must wear their "YMCA" team shirt.
17. No Jeans will be allowed.
18. No Jewelry.
19. It will be considered an offensive foul if a player turns with his or her back to the basket and "Backs" their way to the basket. The ball will change possession if this occurs.

<u>Grade</u>	<u>Ball Size</u>	<u>Hoop Height</u>
4/5/K	Elementary Ball (size 4)	7'
1 <sup>st</sup> & 2 <sup>nd</sup>	Junior Ball (size 5)	8'