



YMCA

We build strong kids,
strong families, strong communities.

Youth Basketball

3rd & 4th Grade

1. All High School rules will be followed except when specified.
2. Games will consist of two (2) twenty five (25) minute halves. Half time will be five (5) minutes. All 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 half, 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. A jump ball will determine first possession of the ball.
6. Every attempt must be made to allow each member of the squad to play at least one half of each game.
7. No more than 60 minutes of practice per week.
8. No defense is allowed until offense is past the half court line. **Teams must play man-to-man defense.** The offensive team has 10 seconds to bring the ball to the front court.
9. Fast breaks are not allowed. Cherry-picking will not be tolerated and will result in a loss of possession.
10. Tennis or Basketball shoes must be worn on the court, no black soled shoes. All youth basketball players must wear their "YMCA" team shirt. No Jeans will be allowed No Jewelry.
11. Lane violations will be enforced.
12. Stalling is not allowed.
13. The following standards will be followed for the games:

<u>Grade</u>	<u>Ball Size</u>	<u>Hoop Height</u>
3 rd & 4 th	Intermediate Ball	10'