



YMCA

We build strong kids,  
strong families, strong communities.

## Youth Basketball

4yr, 5yr, K, 1<sup>st</sup> & 2<sup>nd</sup> GRADE

1. We do not keep score. "Kids First, Winning Second"
2. 4/5/K will play four (4) eight (8) minute quarters. Grades 1& 2 will play four (4) nine (9) minute quarters. There will be a one (1) minute break between quarters, and four (4) minutes between halves. 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 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. Every attempt must be made to allow each member of the squad to play at least one half of each game.
6. No more than one hour of practice per week.
7. No three-second-violation rule.
8. No full-court press allowed.
9. **No defense is allowed until offense is past the half court line.**
10. No jumping, defenders must stay on the ground with hands in a vertical position.
11. **Man to man defense only;** players must try to 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.
12. No picks.
13. 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.
14. 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'