



YMCA

We build strong kids,  
strong families, strong communities.

## Youth Basketball

5<sup>th</sup> & 6<sup>th</sup> Grade

1. Have fun!
2. All High School rules will be followed except when specified.
3. 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". 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. Games will begin when officials have checked line-ups and are ready.
5. A jump ball will determine first possession of the ball.
6. All players must play at least 25 minutes of the game (when possible). Teams can substitute every 5 minutes (20-15-10-5). Unless an injury occurs, then a substitution will be allowed.
7. Each player has five fouls. The player is disqualified on the fifth foul.
8. The clock will run continuously during the game except for time-outs and injuries.
9. Fast breaks are not allowed. Cherry-picking will not be tolerated and will result in a loss of possession.
10. **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.
11. Alternating possession is in effect.
12. Each team must provide a volunteer to keep track of fouls and run the clock.
13. If at any time a player sustains an injury, which is bleeding. They will be removed from the game and not allowed back until the bleeding has stopped.
14. Tennis or basketball shoes must be worn on the court, no black soled shoes. All youth basketball players must wear their "YMCA" jersey. No jeans will be allowed. No jewelry.
15. No more than 60 minutes of practice per week.