



# Basketball Rules (Ages 3-5)(Rec)

**Note to parents:** All YMCA Youth Sports programs are meant for fun and fair play while in a casual, non-intimidating atmosphere. Parents are expected to support and respect *all* players, coaches and officials. Parents will be held accountable to uphold the values listed in the Parent Code of Conduct.

## Practice & Warm Up

- Coaches are required to conduct a team practice / warm-up before the start of each game.

## Participation & Substitution

- Each player must play equal time.

## Equipment

- The goals will be at 6 feet (if facility permits).
- A 27.5 sized ball will be used and games will be played cross court if facility permits.
- There will be a system in place to make sure players are matched up with another player to assist with man-to-man defense (i.e. wrist bands, stickers, etc.). For instance, a child with the blue wristband on Team A will defend the child with a blue wristband on Team B.

## Starting the Game

- All games will begin with a prayer or pledge of allegiance or National Anthem.
- One team will be designated to inbound the ball at the far basket to begin the game, with alternating possessions thereafter.
- The player dribbling past the half-court line must pass the ball before their team may shoot.

## Timing/Scoring

- Games will consist of (4) 5-minute quarters with a running clock. There will be 1 min between each quarter and a 2 min half time.
- POINTS WILL NOT BE SCORED.

## Officiating

- Each team should have one coach or assistant coach on the floor during play to officiate. Officiating is to be instructive with explanations given on infractions.

## Time Violation/Free Throws

- There will be no time violations or free throws. The ball will be awarded, out of bounds, to the team fouled.

## Turnovers

- There will be no steals when the offensive player is dribbling, passing or holding the ball. No blocked shots will be permitted. The ball will be awarded, out of bounds, back to the offensive team on an infraction.

## Defense

- The defense must get back after the opposing team secures the rebound or a made basket.
- Double teaming is not allowed. Man-to-man defense is the only form of defense allowed.
- For inbounding the ball, the defense must allow the offense to inbound the ball before being defended.
- If the ball changes hands, the offensive team cannot be defended in their own back court.



# Basketball Rules (Ages 6-7)(Rec)

***Note to parents:*** All YMCA Youth Sports programs are meant for fun and fair play while in a casual, non-intimidating atmosphere. Parents are expected to support and respect *all* players, coaches and officials. Parents will be held accountable to uphold the values listed in the Parent Code of Conduct.

## **Practice & Warm Up**

- Coaches are required to conduct a team practice / warm-up a minimum of 20 but no more than 30 minutes before the start of each game.

## **Participation & Substitution**

- Each player must play equal time.

## **Equipment**

- The goals will be at 8 feet (if facility permits).
- A 27.5 sized ball will be used and games will be played cross court if facility permits.
- There will be a system in place to make sure players are matched up with another player to assist with man-to-man defense (i.e. wrist bands, stickers, etc.). For instance, a child with the blue wristband on Team A will defend the child with a blue wristband on Team B.

## **Starting the Game**

- All games will begin with a prayer or pledge of allegiance or National Anthem.
- A jump ball will start every game, with alternating possessions thereafter.

## **Timing/Scoring**

- Games will consist of (4) 6 minute quarters with a running clock. There will be 1 min between each quarter and a 2 min half time.
- No score will be kept.
- Teams must make a minimum of one (1) pass in the forecourt before taking a shot.
- Start and end times will be strictly enforced. You may be asked to exit the court, before the completion of your game, if your time has expired.
- One (60) second time-out is allowed per half. Coaches call the time-out.

## **Officiating**

- Each team should have two coaches or assistant coaches maximum on the floor during play to officiate. Officiating is to be instructive with explanations given on infractions.

## **Time Violation/Free Throws**

- There will be no time violations.
- There are no free throws. The ball will be awarded out of bounds on a common or shooting foul.

## **Turnovers**

- There will be no steals when the offensive player is dribbling or holding the ball. The ball will be awarded, out of bounds, back to the offensive team on an infraction.
- Stealing of the pass will be permitted. No blocked shots (Keeping a fundamental defensive position)
- If a player blatantly travels or double dribbles twice during that same players possession, a turnover may result and an explanation to the offending player should be given.

## **Defense**

- The defense must get back after the opposing team secures the rebound.
- Double teaming is not allowed. Man-to-man defense is the only form of defense allowed.
- The offensive player must be allowed to get both feet in the fore court before being defended.
- If the ball changes hands, the offensive team cannot be defended in their own back court.



# Basketball Rules

## Ages 8-9 (Rec)

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### Participation & Substitution

- Each player must play equal time.

### Equipment

- The goals will be at 9 feet (if facility permits).
- A 28.5 ball will be used and games will be played cross court if facility permits.
- There will be a system in place to make sure players are matched up with another player to assist with man-to-man defense (i.e. wrist bands, stickers, etc.). For instance, a child with the blue wristband on Team A will defend the child with a blue wristband on Team B.

### Starting the Game

- All games will begin with a prayer or pledge of allegiance or National Anthem.
- A jump ball will start every game, with alternating possessions thereafter.

### Timing/Scoring

- Games will consist of (4) 7 minute quarters with a running clock. There will be 1 min between each quarter and a 2 min half time. The clock only stops during time-outs and at the referees discretion.
- Teams must make a minimum of one (1) pass in the forecourt before taking a shot.
- Score may be kept up to a 20 point score difference.
- Two 60-second time-outs are allowed per game. Coaches call the time-out.

### Officiating

- 1 Coach may be on the floor.
- Officiating is to be instructive with explanations given on infractions.

### Fouls

- Two (2) foul shots will be awarded on every shooting foul. Otherwise, possession will remain with the offense and play will be started by inbounding the ball.

### Turnovers

- Blocked shots will be permitted.
- Traveling and Double dribbles will be called.

### Defense

- The defense must get back after the opposing team secures the rebound. Half-court defense is only permitted.
- Man-to-man defense and "Help" defense in the paint are the only forms of defense allowed. No double-teaming is allowed.
- The offensive player must be allowed to get both feet in the front court before being defended.
- If the ball changes hands, the offensive team cannot be defended in their own back court.



# Basketball Rules

## Ages 10-13 (Rec)

**Note to parents:** All YMCA Youth Sports programs are meant for fun and fair play while in a casual, non-intimidating atmosphere. Parents are expected to support and respect *all* players, coaches and officials. Parents will be held accountable to uphold the values listed in the Parent Code of Conduct.

### Participation & Substitution

- Each player must play equal time at coaches discretion.

### Equipment

- The goals will be at 10 feet.
- A 28.5 ball will be used for Ages 10-11 and Regulation size for Ages 12-13.

### Starting the Game

- All games will begin with a prayer or pledge of allegiance or National Anthem.
- A jump ball will start every game, with alternating possessions thereafter.

### Timing/Scoring

- Games will consist of (4) 8 minute quarters with a running clock. There will be 1 min between each quarter and a 2 min half time. The clock only stops during time-outs and at the referees discretion.
- The clock will stop for all dead balls in the last minute of each quarter.
- Two 60-second time-outs are allowed per game. Coaches call the time-out.
- Start and end times will be enforced.

### Officiating

- Coaches are to remain on the sidelines.
- Officiating is to be instructive with explanations given on infractions.
- Unless mentioned, IHSAA rules will be in effect.

### Fouls

- A player is limited to five personal fouls per game. A team may finish a game with 1 player on the floor.
- Two (2) foul shots will be awarded on every shooting foul. Otherwise, possession will remain with the offense and play will be started by inbounding the ball.

### Time Violation/Free Throws

- There will be time violations & free throws.

### Turnovers

- Blocked shots and steals will be permitted.

### Defense

- Full court defense is only permitted in the last minute of each quarter.
- Man-to-man defense is the only form of defense permitted. Help Defense permitted in the paint.
- Half-court Defense.
- No double-teaming permitted.
- The offensive player must be allowed to get both feet in the fore court before being defended.



# Basketball Rules

## Rec, Rec Plus & Travel (Ages 14-16)

***Note to parents:*** All YMCA Youth Sports programs are meant for fun and fair play while in a casual, non-intimidating atmosphere. Parents are expected to support and respect *all* players, coaches and officials. Parents will be held accountable to uphold the values listed in the Parent Code of Conduct.

### Participation & Substitution

- It is expected that each player must play at some point in the game.

### Equipment

- The goals will be at 10 feet.
- A 29.5" (Regulation) sized ball will be used.

### Starting the Game

- All games will begin with a prayer, pledge of allegiance or National Anthem.
- A jump ball will start every game, with alternating possessions thereafter.

### Timing/Scoring

- Games will consist of (4) 8 minute quarters with a running clock. There will be 2 min between each quarter and a 3 min half time. The clock only stops during time-outs and at the referees discretion.
- Two (60) second time-out is allowed per half. Coaches or players are allowed to call timeouts.
- Score and fouls will be kept (No personal stats are kept).
- The clock will stop within the last minute of each quarter.
- Overtime will consist of 3 minutes with the clock stopping in the last minute on dead balls. No games will end in a tie. You will receive 1 additional time out each overtime.

### Officiating

- Coaches are to remain on the sidelines.

### Fouls

- A player is limited to five personal fouls per game. A team may finish a game with 1 player on the floor.
- On the 7<sup>th</sup> team foul, 1 and 1 foul bonus shots will be awarded.
- Two (2) foul shots will be awarded on and thereafter the 10<sup>th</sup> shooting foul. Otherwise, possession will remain with the offense and play will be started by inbounding the ball.
- A technical foul will be 2 shots with possession remaining with the team that has the ball.

### Defense

- Full court defense can be played. No press permitted if your team is already up by more than 20 points. If your team is up by 20 or more points than you may only play man to man defense.
- Zone defense is permitted.