



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

U7 (Ages 5-6) League Rules

The YMCA's Youth Basketball Program emphasizes participation, fun, fitness, and sportsmanship as important goals for youth in sports programs. Our goal is to teach basketball skills and teamwork effectively to different age groups and to keep winning and fair play in perspective. The important factor in the personal growth of our participants is not who wins or loses the game, but how their teamwork and individuals performance develop as the season progresses and whether they are having fun.

1. **GAME LENGTH:** All games will consist of four six-minute quarters with a running clock. There will be a two (2) minute break in between quarters except for a five (5) minute break at the half. The clock will stop only for official time-outs. There will be no overtimes. Games running late may be shortened by the gym supervisor. Both coaches will be notified of the need to shorten a game.
2. **TIME OUTS:** Two (2) time-outs per half, with no carry-overs.
3. **DEFENSE:** "Man-to-Man" defense and zone defense will both be allowed. The intent is for the coaches to teach the fundamentals of both defenses during the season. At no point should multiple defenders be guarding one individual.
4. **STEALING:** Players will NOT be allowed to steal the ball away from the player they are guarding. Hands up defense should be strongly enforced in practice.
5. **FAST BREAKS:** Fast breaks are not allowed for U7. The official will pause the players upon a defensive rebound to allow the defense to get back before proceeding with the play.
6. **TEN SECOND RULE:** This rule will be enforced but will be used as a teaching tool. The ball must cross the center court line within ten seconds, or possession will be lost.
7. **PRESSING:** NO full-court or half-court pressing will be allowed. On ANY change of possession, the defensive team must drop back into the defensive side of the court. A warning will be issued for the first violation and a technical foul may be assessed for subsequent violations.
8. **BASKET HEIGHT:** The basket height will be eight (8) feet.
9. **BASKETBALL:** The ball will be a size 5 "27.5" size ball.

10. **FOUL SHOTS:** No foul shots will be taken, except technical fouls. The ball will be taken out of bounds on all violations. However, if in the opinion of the referee, a player is continually fouling as a means of defense to keep the other team from getting a shot, the player and his coach will be warned. Any subsequent foul by the player will result in a technical.
11. **LANE VIOLATIONS:** The three (3) second lane violation will **NOT** be called.
12. **NUMBER OF PLAYERS:** Each team must field five (5) players. No team will have more than twelve (12) players on roster.
13. **PLAYER PARTICIPATION:** Each player on a team must play at least two complete quarters unless a team has more than 10 on their roster.
14. **SUBSTITUTIONS:**
 - a. None in the first three quarters except at quarter breaks. Substitutions will **NOT** be made during the game before the 4th quarter.
 - b. Until the 4th quarter, substitutions will **ONLY** be allowed between quarters and at half-time. During the 4th quarter, substitutions will be made only when the clock is stopped by a referee's whistle or a time-out. Players will report to the official scorer's table and wait to be called in by the referee.
 - c. No substitutions will be allowed for players who are playing their second full quarter in the 4th quarter (except for d. below).
 - d. Substitutions before the fourth quarter for injury or discipline may be made by either coach during a team or official's time-out (subject to the discretion of the referee). Benching of a player such that he does not meet the two-quarter minimum (see Rule # 10) must be coordinated with the opposing coach and the referee before the game, if possible.
 - e. Substitutions may be required for ejections of a player or a coach for unsportsmanlike conduct. The referee may call an official's time-out and require a player or coach to leave the gymnasium for the rest of a game. The assistant coach will be required to assume the head-coaching duties in the event the head coach is ejected. If there is no assistant coach, the game will be stopped and forfeited by the team without a coach.
15. **NO PLAYER SHALL PLAY MORE THAN 3 QUARTERS.** This will be monitored at the score table.
16. **PICKS & CLEARING THE FLOOR:** Picks will be allowed. Since no double-teaming is allowed by a man-to-man defense, the offense may not use plays that clear one side of the floor or clears out the lane so a player may go one-on-one against his opponent with a half of the court open. Normal plays using screens will be allowed as long as the offense does not overload one side of the court. Any points scored using an illegal offense will not count. On the first violation, the official will award the ball to the other team. Any subsequent violations will result in a technical foul.
17. **FORFEITS:** Any team that cannot field five (5) players at game time will forfeit the game. A five (5) minute grace period can be allowed for at the sole discretion of the official.
18. **CONDUCT:** Mutual understanding and respect are a must for players, coaches, officials, parents, and staff. Any questions, comments, or remarks should wait for the appropriate time (between quarters, half-time, and end of game). Never during the game, except an injury time

out, will the coach enter the playing area. Only after a time out has been called, half-time or between quarters, may the coach enter the playing area. Any discussion with an official will be at the official's discretion. A violation of this rule will result in a technical foul being assessed, and a time out charged to the offending coach's team. Any disputes or disagreements will be resolved by the gym supervisor or The Family Y Youth Sports Directors. Coaches and spectators must remain off the playing surface. Positive fan participation is encouraged. Negative fan participation is discouraged, considered unacceptable and will not be tolerated. Coaches and fans unable to control their emotions will be warned then asked to leave the premises if the unacceptable behavior persists. The referees are tasked to enforce the league rules as they apply to the game. The referee's decision is final where a judgment call is applied. Matters of procedure are not considered judgment calls and may be questioned by the coach or team captain. However, any discussion with the official(s) by the coach or team captain will be at the discretion of the official(s). Coaches are responsible for the conduct of their team members and fans. The gym supervisor, youth sports coordinator or youth sports director reserve the right to clear the gym of spectators to facilitate a wholesome environment for the players, their coaches, and the referees.

19. **TRAVELING AND DOUBLE DRIBBLE:** Traveling and double-dribbling violations will be called liberally.
20. **SPORTSMANSHIP:** The 20-point spread rule is in effect. The game score will not accumulate once a 20-point spread is realized.
21. **FOULS:** A player will be disqualified from the game after he or she commits their sixth (6) foul. Any participant (player, coach, or spectator) assessed two (2) technical fouls in a game will be ejected from that game (must leave the gym). Reach in fouls will be closely monitored. It is important that young players have success while attempting to dribble. Coaches are encouraged to teach their players to prevent passing and shooting by the opponents by using their hands to deny the passing lanes and good looks at the basket. However, reaching in to tie up the ball or steal the ball is considered a violation in this league and will result in a foul being assessed.
22. **PRESENCE OF A COACH:** All teams will be represented by a coach at all games and practices. Only one coach and one assistant coach will be present along sidelines or with the players on the bench. A coach or assistant coach will be needed on the court with their team. This is to help control the game and to allow in game situations to be a valuable teaching tool to the children.