



CHEROKEE COUNTY FAMILY YMCA

YOUTH BASKETBALL RULES

Division: Biddy Ball (4-5)

Welcome to the Cherokee County Family YMCA Youth Basketball League! Our program is designed to provide a fun, safe, and beginner-friendly environment where players of all skill levels can learn and enjoy the game of basketball. We focus on teaching fundamentals, teamwork, sportsmanship, and respect—on and off the court.

The following rules and guidelines help ensure that every player, coach, and spectator contributes to a positive experience that reflects the core values of the YMCA: Caring, Honesty, Respect, and Responsibility.

Equipment & Game Setup

Ball Size: 27.5

Basket Height: 6 feet

Game Length: Four 6-minute periods with a running clock

- Substitutions will take place during a running clock. Halftime will be 3 minutes.

Start of Game Possession: Home team begins with possession at the baseline. Alternating possessions will take effect thereafter for quarter thereafter.

Team Bench: The team bench is designated for players and coaches only.

Pregame and Postgame Sportsmanship

Pregame: Before each game, all players and coaches meet at mid-court for prayer, led by the home team coach. All participants should remain respectful during this time.

Postgame: After each game, all players and coaches line up and shake hands to show good sportsmanship.

Playing Time & Substitutions

Every player shall play a minimum of 50% of the game.

No player shall play more than 75% of total time unless all others have also played at least 75%.

Substitutions may occur once per quarter, around the 3-minute mark during a stoppage in play.

Players must wait for the official's signal before entering.

Scoring

Score will be kept. For this age group, three-point shots will be scored as two-points.

Defense:

Only player to player defense is allowed.

No pressing, double-teaming, or crowding.

Stealing from a player in possession of the ball is not allowed.

Any defense may be played within the trapezoid area.

Offense

Each player should be given the chance to dribble the ball up the court during the game.

Coaches should encourage players to avoid double dribbling and traveling.

Fouls

Defensive fouls result in the offense maintaining possession and taking the ball out from the nearest spot to the foul.

No free throws or personal fouls will be recorded for this age group.

Coaches

Only one coach is permitted on the court at a time.

Coaches are responsible for the behavior of their team and parents.

Spectator Conduct and Removal Policy

Purpose: The Cherokee County Family YMCA is committed to providing a safe, respectful, and family-friendly environment for all participants, officials, and spectators. To ensure this standard, all individuals in attendance are expected to conduct themselves in accordance with YMCA guidelines and community values.

Prohibited Conduct: The following behaviors are strictly prohibited at all YMCA events and facilities:

Abusive or disrespectful language or gestures toward officials, coaches, players, or other spectators.

The use of profanity or obscene gestures.

Consumption or possession of alcohol, tobacco, or illegal substances on YMCA property.

Any form of harassment, intimidation, or physical aggression.

Enforcement: Any spectator found in violation of these guidelines will be immediately removed from the premises by game officials or YMCA staff. If a spectator refuses to leave when instructed, the team associated with that spectator will automatically forfeit the game in progress. Continued or repeated violations may result in further disciplinary action, including suspension from future events or permanent removal from YMCA programs.

Authority: YMCA staff and game officials have full authority to interpret and enforce this policy as necessary to maintain safety, order, and respect within all programs.