



## General Basketball Rules

- Game times will be decided by specific grade level. All games will be played with a running clock. (1 minute breaks between quarters).
- Games will run on short courts.
- There will be a two (2) minute halftime.
- No score is kept.
- A jump ball will take place at center court to determine initial possession. Whichever team does not receive initial possession will get the ball to start the second half.
- Shooting fouls: See specific grade rules.
- Teams consist of 5 players on each side. Substitutions must be made on a dead ball. No substitutions on the fly.
- There will be no full court pressing. Teams are required to play man-to-man defense. No double teams.
- This is a recreational league. Skill levels may vary between teams.
- Teams may be coed, all boys, or all girls.
- Players must wear their team shirt provided by the YMCA.

## 3<sup>rd</sup> & 4<sup>th</sup> Grade Rules

*These rules are in addition to the general rules and will take precedence when they are in conflict.*

1. All players must play equal amounts of time in all games.
2. Basket height will be at 9 feet (9'), and an INTERMEDIATE (28.5) BASKETBALL will be used.
3. The defense must remain behind the half court line once the offensive team has possession.
4. A game will consist of four (4) ten (10) minute quarters with a running clock. The clock will only stop for time outs, injuries and in between halves.
5. No lane violations or over and back of half court will be called.
6. **Personal Foul:**
  - a. Teach your kids not to foul and to avoid slapping/reaching in to steal the ball. The best defense to teach is one that plays the man and not the ball.
  - b. Foul shots will be given on shooting fouls. All other fouls will be taken out-of-bounds.
7. Traveling (walking), double dribbling, and carrying the ball will be called.
8. Two (2) time-outs per game each lasting thirty (30) seconds, one (1) per half.