



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.
- 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.

Kindergarten – 2nd 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. Volunteer coaches will instruct at all games and practices.
3. Basket height will be at eight feet (8'), and a JUNIOR (27.5) BASKETBALL will be used.
4. A game will consist of four (4) eight (8) minute quarters with a running clock. The clock will only stop for time outs, injuries and in between quarters.
5. The defense must remain behind the half court line once the offensive team has possession.
6. **Personal Fouls:**
 - 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) Fouls will only be called on **intentional** holds, blocks, pushes, charges, hacks or trips.
 - c) Foul shots will be given on shooting fouls. All other fouls will be taken out-of-bounds.
7. **Excessive** traveling (walking) and double dribbling will be called.
8. No lane violations or over and back of half court will be called.
9. **Teach...remember, basketball is a foreign language to these kids. Have Fun!**
10. Two (2) time-outs per game each lasting thirty (30) seconds, one (1) per half.
11. Coaches may enter the court of play to provide instruction to the players or position them to where they should be.