

**YOUTH BASKETBALL RULES  
1<sup>st</sup>/2<sup>nd</sup> Grade Coed Division**



**Playing Time**

At the YMCA we want each player to have the opportunity to play and learn the game. Therefore coaches must strive to provide each player with equal play time in every game for the players present. A player will be allowed to participate in a game if the player has missed a practice, however all players should be encouraged to attend all practices.

**Number of Players**

Games will be played 5 on 5. If a team is short players for any given game, they may borrow players from the opponent in order to field enough players.

**Equipment**

Players are required to wear a YMCA basketball jersey, shoes with non-marking soles, socks and athletic shorts or long pants.

**Court Requirements**

Basket height will be set at 8 feet.

Junior (27.5) size basketballs will be used for this age group.

**Games**

At the start of the game, possession is determined by the flip of a coin or by odd/even. Games will consist of four, 8 minute quarters. The clock will stop half way through each quarter (at 4 minutes) for team subs. This is not a time out for coaches to talk with their team just break for both teams to sub players. There will be 2 minutes at the half and 1 minute between quarters. No score will be kept.

Teams will be given 2 time outs per half, one minute in length. Time-outs do not carry over. No overtime will be played. Substitutions may be made at dead balls, quarter breaks and time outs (as well as sub breaks).

**Referees will be provided for this age group.**

### **Rules of the Game**

Teams will play man – to – man defense. At the start of each season each player will wear a colored wristband, and players are expected to guard the player with the same color. If coaches and staff agree, then wristbands can be optional, however man-to-man defense is still required.

No backcourt press. (The defense cannot defend in the backcourt.)

No double-teaming is allowed.

-Double teaming is the intentional and persistent guarding of one offensive player by two defensive players.

Switching will **not** be allowed.

-A "switch" is when a defensive player switches the offensive player they are defending, while still maintaining man-to-man defense.

There will be no stealing of the ball while an offense player has possession (this includes while a player is dribbling or holding the ball). Stealing of the ball is only allowed during a pass or a loose ball.

Players may not set screens.

No lane violations, backcourt violations, 5 second violations, or inbound violations will be called.

Severe violations of traveling or double dribbling will be called. Correct skills should be encouraged during practice and games.

Fouls will not be tracked. If a foul occurs, the opposing team will be awarded the ball out of bounds.

Shooting fouls will result in ball out of bounds.

### **Additional YMCA Rules**

All coaches and participants will recite the YMCA Youth Sports pledge prior to the start of the game.

Opposing parents/coaches and players will shake hands after each game.