

YOUTH BASKETBALL RULES Kindergarten 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 4 on 4. 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.

Practices

Teams will be given 30 minutes for practice. Coaches will be given a practice outline to follow, and staff will be involved in helping to lead drills/games. Practices will start at the time listed on the game schedule.

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, 6 minute quarters. There will be 2 minutes at the half and 1 minute between quarters. No time outs. No overtime will be played.

Substitutions may be made at the dead ball or quarter intervals.

A referee will be provided for this age group.

- One coach/volunteer from each team is also required to be on the field
- The referee and coaches should;
 - Enforce the rules of the game in a consistent manner, but refrain from penalizing unnecessarily
 - Briefly explain any infractions to the players
 - Keep the game safe but let the players PLAY the game

Rules of the Game

Teams will play man – to – man defense. Each player will wear a colored wristband, and players are expected to guard the player with the same color.

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.

No traveling or double dribbling will be called, but correct skill should be encouraged during practice and games.

Fouls will not be tracked, and no foul shots will be taken. If a foul occurs, the opposing team will be awarded the 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.