

YMCA OF GREATER LOUISVILLE YOUTH BASKETBALL RULES 3 YEAR OLD RULES

LEAGUE RULES

The "Y" believes in its philosophy of "Athletes first, winning second." Our Youth Sports Program is designed for all participants to grow in the areas of sportsmanship and physical fitness, as well as self-control, team effort, and skill development. It is a fun, instructional league where everyone plays and everyone wins! The following rules incorporate our philosophy into our Youth Basketball Program.

1. Every player will play a minimum of two quarters. No player may play an entire game. There will be no substitutions, except in case of injury.
2. Coaches are expected not only to balance playing time but also to involve all players in the offense; every player should get a chance to dribble and shoot in every game. Your goal as a coach should be for every player to score a basket during the season and this should be your measure of success, not your win-loss record.
3. The score will not be kept and should not be emphasized.
4. League standings will not be kept.
5. The referee is an extension of the coach and is instructing as well as encouraging the children. Coaches may discuss disagreements with the referee between quarters, at time outs, and at half time. If any player, coach, or parent insists on arguing with the referees, a technical foul may be called. Please keep in mind the YMCA philosophy and remember that yelling at the officials is not a value we want to teach our children.
6. Any concerns about the league by coaches, players, or parents should be discussed with the league coordinator.
7. The goal height should be 6 foot and the ball size should be a mini ball.

GAME RULES

1. Coin toss will be used to start the game. In case of tie-ups during the game, teams will alternate possession.
2. Games are composed of four 4-minute quarters (clock will not stop).
3. Each team will have 3 or 4 players per side on the court.
4. Only **One coach per end of court** will be allowed on the court during the game
5. The time allowed between quarters is one minute, and between halves 3 minutes.
6. There will be a "no steal" rule in effect when the offensive team is dribbling or passing the ball.
7. Lane violations will not be called.
8. Teams must play a zone defense. (markings will be provided on the court) There will be no double-teaming.
9. The ten-second rule will not be in effect when bringing the ball up the court.
10. Backcourt violations will not be called.
11. All throw-ins are free-ins for the offensive team.
12. In case of a foul, the ball will be taken out of bounds. We will not shoot any free throws.
13. The game will end with both teams shaking hands.

YMCA OF GREATER LOUISVILLE YOUTH BASKETBALL RULES 4 YEAR OLD RULES

LEAGUE RULES

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1. Every player will play a minimum of two quarters. No player may play an entire game. There will be no substitutions, except in case of injury.
2. Coaches are expected not only to balance playing time but also to involve all players in the offense; every player should get a chance to dribble and shoot in every game. Your goal as a coach should be for every player to score a basket during the season and this should be your measure of success, not your win-loss record.
3. The score will not be kept and should not be emphasized.
4. League standings will not be kept.
5. The referee is an extension of the coach and is instructing as well as encouraging the children. Coaches may discuss disagreements with the referee between quarters, at time outs, and at half time. If any player, coach, or parent insists on arguing with the referees, a technical foul may be called. Please keep in mind the YMCA philosophy and remember that yelling at the officials is not a value we want to teach our children.
6. Any concerns about the league by coaches, players, or parents should be discussed with the league coordinator.
7. The goal height should be 6 foot and the ball should be a 1008 or junior size.

GAME RULES

1. Coin toss will be used to start the game. In case of tie-ups during the game, teams will alternate possession.
2. Games are composed of four 6-minute quarters (clock will not stop).
3. Each team will have 3 or 4 players per side on the court.
4. Only **One coach per end of court** will be allowed on the court during the game.
5. The time allowed between quarters is one minute, for time outs one minute, and between halves 3 minutes.
6. There will be a "no steal" rule in effect when the offensive team is dribbling or passing the ball.
7. Lane violations will not be called.
8. Teams must play a zone defense. (markings will be provided on the court) There will be no double-teaming.
9. The ten-second rule will not be in effect when bringing the ball up the court.
10. Backcourt violations will not be called.
11. All throw-ins are free ins for the offensive team.
12. In case of a foul, the ball will be taken out of bounds. We will not shoot any free throws.
13. The game will end with both teams shaking hands.

YMCA OF GREATER LOUISVILLE YOUTH BASKETBALL RULES
5-6 YEAR OLD RULES
LEAGUE RULES

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1. There are no substitutions for this age group. Each player must play for the full quarter unless they are injured. Every player will play a minimum of two quarters. No player may play an entire game unless there are only 5 or 6 players present. The team line-up must be turned in to the score table official before the beginning of the game.
2. Coaches are expected not only to balance playing time but also to involve all players in the offense; every player should get a chance to dribble and shoot in every game. Your goal as a coach should be for every player to score a basket during the season and this should be your measure of success, not your win-loss record.
3. League standings will not be kept.
4. The referee is an extension of the coach and is instructing as well as encouraging the children. Coaches may discuss disagreements with the referee between quarters, at time outs, and at half time. If any player, coach, or parent insists on arguing with the referees, a technical foul may be called. The only time a coach is permitted on the playing court is in case of an injury, or with the permission of the referee. Please keep in mind the YMCA philosophy and remember that yelling at the officials is not a value we want to teach our children.
5. Any concerns about the league by coaches, players, or parents should be discussed with the league coordinator.
6. The goal height is 8 feet and the ball size is a 1008 or junior size.

GAME RULES

1. A coin toss will be used to start the game. In case of tie-ups during the game, teams will alternate possession.
2. Games are composed of four 7-minute quarters. The clock will only stop on shooting fouls when the ball is handed to the shooter by the referee.
3. Coaches will not be allowed to be on the court.
4. Each team has 2 time outs per half (Time outs are not cumulative).
5. To call a time out, a team must have possession of the ball, or have a dead ball situation. Coaches may call the time out for the team.
6. The time allowed between quarters is one minute, for time outs one minute, and between halves 3 minutes.
7. The defense can attempt to steal the ball when it is dribbled inside the 3 point arc. The YMCA wants to encourage teams to pass the ball so a pass may not be stolen, unless it is thrown right to the defender.
8. Teams will play man-to-man defense. Colored bands will be assigned by the officials with coaches input. Players may only guard the person assigned to them. Officials may stop game to adjust the matchups as needed.
9. There will be no double-teaming (If the offense gains an advantage the referee may not call the double team violation).
10. Teams will not use a full court press or half court press at any time.
11. Backcourt violations will not be called.
12. The ten-second rule will not be in effect when bringing the ball up the court.
13. Lane violations will not be called.
14. If a player is fouled in the act of shooting they will be awarded 2 free throws.
15. A player arriving to the game late may lose a quarter of their playing time. (Decision will be left up to the coaching staff).
16. Calls such as travelling, double dribbling, and carrying the ball will be enforced more strictly as the season progresses and may vary according to individual skill level.
17. The game will end with both teams shaking hands.

YMCA OF GREATER LOUISVILLE YOUTH BASKETBALL RULES
7-8 YEAR OLD RULES
LEAGUE RULES

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1. There are no substitutions for this age group. Each player must play for the full quarter unless they are injured. Every player will play a minimum of two quarters. No player may play an entire game unless there are only 5 or 6 players present. The team line-up must be turned in to the score table official before the beginning of the game.
2. Coaches are expected not only to balance playing time but also to involve all players in the offense; every player should get a chance to dribble and shoot in every game. Your goal as a coach should be for every player to score a basket during the season and this should be your measure of success, not your win-loss record.
3. **The score will be kept but should not be emphasized (the YMCA reserves the right to discontinue to keep score if it persists to be a problem).**
4. League standings will not be kept.
5. The referee is an extension of the coach and is instructing as well as encouraging the children. Coaches may discuss disagreements with the referee between quarters, at time outs, and at half time. If any player, coach, or parent insists on arguing with the referees, a technical foul may be called. The only time a coach is permitted on the playing court is in case of an injury, or with the permission of the referee. Please keep in mind the YMCA philosophy and remember that yelling at the officials is not a value we want to teach our children.
6. Any concerns about the league by coaches, players, or parents should be discussed with the league coordinator.
7. The goal height is 8-9 feet and the ball size is a 1008 or junior size.

GAME RULES

1. A jump ball will be used to start the game. In case of tie-ups during the game, teams will alternate possession.
2. Games are composed of four 8-minute quarters. The clock will only stop on shooting fouls when the ball is handed to the shooter by the referee.
3. Coaches will not be allowed to be on the court.
4. Each team has 2 time outs per half (Time outs are not cumulative).
5. To call a time out, a team must have possession of the ball, or have a dead ball situation. Coaches may call the time out for the team.
6. The time allowed between quarters is one minute, for time outs one minute, and between halves 3 minutes.
7. Teams will not use a full court press at any time. In the last minute of each half the defense can extend to a half court press. If a team is up 15 or more points then neither team will be allowed to press.
8. Teams may choose any defense but must remain inside the 3 pt. arc. The defense may not reach outside the arc to attempt to steal the ball. The ball must be within the arc. Teams may also pursue a loose ball outside the arc that is the result of a rebound or a defensive play on the ball. If a team rebounds and attempts to fast break, then the defense may pick up the dribble or interrupt a backcourt pass. If a team rebounds and does not attempt to fast break the defense must drop back to half-court. A fast break will be left up to the judgment of the official.
9. There will be no double-teaming (If the offense gains an advantage the referee may not call the double team violation).
10. Backcourt violations will be called.
11. The ten-second rule will be in effect when bringing the ball up the court. 5 second Lane violations will not be called.
12. Each player will be allowed 5 personal fouls per game. On the 7th team foul in each half a 1 and 1 bonus free throw will be in effect. On the tenth foul the team will shoot the double bonus. If a player is fouled in the act of shooting they will be awarded 2 free throws. Free throws will be taken 3ft. inside the free-throw line. If the child steps on or over the line before the ball touches the rim a violation may be called at the discretion of the referee.
13. If a game ends in a tie, there will be **one** 2 minute overtime session. The OT session will follow the same rules as the regulation game (clock/pressing rules). One 30 second timeout per team will be allowed during the OT session. If the game is still tied, the tie will stand. The game should end with both teams shaking hands.
14. All field goals will be counted as 2 points; a 3-point basket will be counted as two points.
15. A player receiving a technical, intentional, or flagrant foul must leave the game for the remainder of the quarter. The quarter they are disqualified from will count as one of their quarters of playing time.
16. A player arriving to the game late may lose a quarter of their playing time. (Decision will be left up to the coaching staff).
17. Calls such as travelling, double dribbling, and carrying the ball will be enforced more strictly as the season progresses and may vary according to individual skill level.
18. The game will end with both teams shaking hands.

Technical Fouls

1. Excessive criticism of the officials from coaches or players will not be tolerated. A warning will be issued followed by a technical foul.
2. Two technical fouls in one game is an ejection and suspended the next game, three technical fouls in a season will result in suspension for the remainder of the season
3. Spectators will be giving a warning then the coach will be asked to talk to them and if spectator is still unruly they will be asked to leave gym/school immediately.