

U6 BASKETBALL RULES NO OFFICIALS

1. Game length will be four six minute quarters, with a continuous clock. Teams will have a one minute break between quarters and a three minute halftime.
2. 20 minutes will be allowed before the game.
3. Height of rim will be six feet.
4. Foul line will set at eight feet.
5. Basketball will be 27.5 (junior ball).
6. No score will be kept at this level.
7. Teams will warm-up before the game at the opposite end of the court from their bench.
8. One coach per team will be allowed on the court to assist the players.
9. Each player should see equal playing time (remember this is for their development).
10. No pressing is allowed. Defense begins at the 3 point arc.
11. No double teaming.
12. Wrist bands will be provided at each game to match players up to guard (man to man only)
13. No lane violations will be called.
14. No stealing the ball unless it is from a pass.
15. No blocked shots. Good defensive position with hands straight up is encouraged.
16. Each team is allowed one timeout per half.
17. Each team will switch baskets after halftime.
18. Excessive aggression will lead to benching.
19. Coaches, players, and spectators will demonstrate the four values of the YMCA at all times (Honesty, Responsibility, Caring, and Respect).

U8 BASKETBALL RULES

1. Game length will be four seven minute quarters, with a continuous clock. One minute break between quarters and a three minute halftime.
2. 45 minutes will be allowed for the game.
3. Height of rim will be eight feet.
4. The foul line will be set at 10 feet.
5. Basketball will be 27.5 (junior ball).
6. Teams should warm-up before the game at the opposite end of the court from their bench.
7. Score will be kept at this level.
8. One coach per team will be allowed on the court to help the players.
9. Each player should see equal time (remember this is for their development).
10. No pressing is allowed. Defense begins at the 3 point arc.
11. No double teaming.
12. Wrist bands will be provided at each game to match players up to guard (man to man only).
13. No lane violations will be called.
14. No stealing the ball, unless it is from a pass.
15. No blocked shots. Good defensive position with hands straight up is encouraged.
16. Each team is allowed one timeout per half.
17. Each team will switch baskets after halftime.
18. Referee will lead prayer before game begins.
19. Coaches, players, and spectators will demonstrate the four values of the YMCA at all times (Honesty, Responsibility, Caring, and Respect).

U10 BOYS BASKETBALL RULES

1. Games will consist of two – 18 minute halves with a running clock. Teams will have a 3 minute halftime break.
2. Clock will stop for dead balls the last 2 minutes of the second half.
3. Clock will stop during timeouts.
4. Games will be played crosscourt.
5. The teams will use a 28.5 (women's ball)
6. Play will be on a nine foot goal (9') with a 12 foot foul line.
7. Coaches will have to stay in front of the bench.
8. A YMCA employee will help with keeping the clock and scorebook.
9. Players will play a man to man defense and will be allowed to play zone the last two minutes of the half.
10. There will be no press.
11. Defense will start at the half court line.
12. Free Throws will be shot on shooting fouls only and bonus/double bonus.
13. A player with 5 fouls will be disqualified from the game. A technical foul will result in a player being removed for the entire game.
14. A jump ball will start play and then alternating possessions will be in effect.
15. Teams will switch baskets at half.
16. Teams will get 2 timeouts per half.
17. Double teaming is not allowed.
18. There will be an overtime period of 2 minutes – time permitting. If game is still tied at the end of the overtime period, game will result in a tie.
19. Substitutions will occur between the benches and only on the referees signal.
20. Jewelry will not be allowed to be worn.
21. Steals can be made on the dribble inside the 3 point arc.
22. 3 point shots will be counted as 2 point.
23. Coaches, players, and spectators will demonstrate the four values of the YMCA at all times (Honesty, Responsibility, Caring, and Respect).
24. No backcourt violation.

U10 GIRLS BASKETBALL RULES

1. Games will consist of two – 18 minute halves with a running clock. Teams will have a 3 minute halftime break.
2. Clock will stop for dead balls in the last 2 minutes of the second half.
3. Clock will stop during timeouts.
4. Games will be played crosscourt.
5. The teams will use a 28.5 (women's ball)
6. Play will be on a nine foot goal (9') with a 12 foot foul line.
7. Coaches will have to stay in front of the bench.
8. A YMCA employee will help with keeping the clock and scorebook.
9. Players will play a man to man defense and will be allowed to play zone the last two minutes of the half.
10. There will be no press.
11. Defense will start at the half court line.
12. Free Throws will be shot on shooting fouls only and bonus/double bonus.
13. A player with 5 fouls will be disqualified from the game. A technical foul will result in a player being removed for the entire game.
14. A jump ball will start play and then alternating possessions will be in effect.
15. Teams will switch baskets at half.
16. Teams will get 2 timeouts per half.
17. Double teaming is not allowed.
18. There will be an overtime period of 2 minutes – time permitting. If game is still tied at the end of the overtime period, game will result in a tie.
19. Substitutions will occur between the benches and only on the referees signal.
20. Jewelry will not be allowed to be worn.
21. Steals can be made on the dribble inside the 3 point arc.
22. 3 point shots will be counted as 2 point.
23. Coaches, players, and spectators will demonstrate the four values of the YMCA at all times (Honesty, Responsibility, Caring, and Respect).
24. No backcourt violation.

MIDDLE SCHOOL BASKETBALL RULES

1. Games will be played using the full court. Regulation goals (10') and the regulation free throw line (15') will be used. Basketball Size is 29.5 (men's basketball).
2. Games will consist of 2 – 18 minute halves with a running clock. The clock will stop for all dead balls in the final 2 minutes of the second half. Teams will have a 3 minute halftime break.
3. The score will be kept.
4. Coaches will stay in their coaching box. A coach is not allowed on the court at any time, unless an injury has occurred. A coach leaving the box can result in a technical foul assessed to the coach.
5. A YMCA will help to keep the score and book.
6. Only man to man will be played the entire game. In the last 2 minutes of each half, zone and press will be allowed.
7. 3 second lane violations will be called.
8. A player receiving five personal fouls will be disqualified from the game. One technical foul will result in a player's removal for the remainder of the game. Longer suspensions may be given at the discretion of the YMCA staff.
9. After 6 team fouls (on the 7th team foul) bonus will begin. Player fouled will shoot one free throw. At 10 team fouls, double bonus will begin where player fouled will shoot 2 shots. Fouls reset after the 1st half.
10. Players must remain on the bench unless being substituted into the game.
11. A jump ball will be used to start the game. The possession arrow will alternate for each change of possession.
12. Teams will switch baskets after half time.
13. Each coach has two timeouts per half. A third timeout will result in a technical foul.
14. There will be an overtime period of 2 minutes – time permitting. If game is still tied at the end of the overtime period, game will result in a tie.
15. Substitutions will occur at the scores table. Players must wait for the referee to signal him/her to enter the game.
16. No jewelry is allowed to be worn (this includes bracelets of any kind).
17. Coaches will guarantee each player equal playing time in every game.
18. 3 Pointers will be counted.
19. Coaches, players, and spectators will demonstrate the four values of the YMCA at all times (Honesty, Responsibility, Caring, and Respect).

YOUTH BASKETBALL

U6 WARM UP: 20 minutes @19 minutes – blow horn for warning QUARTERS: Four – 6 minute quarters IN BETWEEN QUARTERS: 1 minute @ 30 seconds blow horn for warning HALFTIME: 3 minutes – blow horn @ 2 minutes for warning TIME OUTS: 30 seconds Each team gets 1 timeout per half. TOTAL TIME: 49 minutes	U8 QUARTERS: Four, 7 – minute quarters IN BETWEEN QUARTERS: 1 minute @ 30 seconds blow horn for warning HALFTIME: 3 minutes – blow horn @ 2 minutes for warning TIMEOUTS: 30 seconds Each team gets 1 timeout per half. TOTAL TIME: 33 minutes
U10 Girls/Boys GAME LENGTH: Two 18 – minute halves HALFTIME: 3 minutes – blow horn @ 2 minutes for warning TIMEOUTS: 30 seconds Each team gets 2 timeouts per half. TOTAL TIME: 39 minutes	MIDDLE SCHOOL GAME LENGTH: Two, 18- minute halves TIMEOUTS: 30 seconds Each team gets 2 timeouts per half. HALFTIME: 3 minutes – blow horn @ 2 minutes for warning TOTAL TIME: 39 minutes