

YMCA of Metro Denver Basketball League

6–7 Year Old Division Rules

GAME STRUCTURE

- 4 quarters (8 minutes each)
 - Running clock
 - Scores may be shown (learning tool only) & No standings
 - YMCA Sports Pledge before each game
 - Travel calls will be loosely enforced at the beginning of the season and increase throughout the season. As it is an expectation of our volunteer coaches are to teach proper basketball fundamentals.
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ROSTER CHECK POLICY

- Roster checks will be conducted before every game
 - Only registered YMCA participants may play
 - Coaches must present official rosters at check-in
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PLAYING TIME

- Equal playing time for all participants
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EQUIPMENT

- 27.5" basketball
 - 8-foot rims
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DEFENSE

- Man-to-man only - Colored wristbands for matchups
 - No stealing allowed
 - No zone defense - No full-court press
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TIMEOUTS

- 2 per game (1 minute each)
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SUBSTITUTIONS

- Dead balls, timeouts, end of quarters
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VOLUNTEER COACH REQUIREMENTS

All volunteer coaches must have successfully completed the YMCA Volunteer Coach Onboarding Process, which includes:

- YMCA background check (approved clearance required)
 - YMCA Youth Sports training requirements
 - Attendance at preseason coaches meeting
 - Must wear official YMCA Volunteer Coaches Shirt at all games and Practices
 - This is required so our volunteer coaches are easily identifiable.
 - Maximum of 2 coaches per team bench
 - Only rostered approved coaches may sit on the bench
 - Only 1 coach may stand at a time
 - Substitute coaches must be approved by the YMCA Sports Leader prior to participation
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YMCA VALUES

Caring • Honesty • Respect • Responsibility • Inclusion