



KISHWAUKEE FAMILY YMCA

Youth Basketball League Rules

	Rookies	1 st & 2 nd	3 rd & 4 th	5 th & 6 th
Hoop Height	8 ft	10 ft	10 ft	10 ft
Ball Size	28.5"	28.5"	28.5"	28.5"
Jump Ball	No	No	Yes	Yes
Pressing	No press	No Press	No Press	Half court
Defense	Man-to-man; colored wristbands	Man-to-man; colored wristbands	Man-to-man; Help side but no double team	Man-to-man; Help side but no double team
Timing/Clock	4 quarters; 8 minutes; Running clock	4 quarters; 8 minutes; Running clock	4 quarters; 10 minutes; Running clock	4 quarters; 10 minutes; Stops last 2 minutes of each half.
Timeouts	4 per game; 2 per half	4 per game; 2 per half	4 per game; 2 per half	4 per game; 2 per half
Subs	Halfway/End of each quarter	Halfway/End of each quarter	Halfway/End of each quarter	Halfway/End of each quarter
Rule Interpretation (travel, back court, double dribble)	Loose; 2 warnings before a whistle followed by rule explanation.	Moderate; 1 warning before whistle followed by rule explanation; ball will turnover to opposing team	Call it as we see it; no warnings but some leeway/explanation will be given; ball will turnover to opposing team	Call it as we see it; ball will turnover to opposing team
Stealing	On pass only	On pass only	On pass only	Yes
3 seconds	None	None	Yes after warning	Yes
Free Throws	No	No	No	Yes
Practice	25 minutes before game	1 hour during week	1 hour during week	1 hour during week
Fast-break	No; offense must let defense get set	No; offense must let defense get set	Yes	Yes

YMCA Mission: The Kishwaukee Family YMCA is a charitable association whose mission is to promote Christian principles through quality services and facilities. We strive to enrich the Spirit, Mind and Body of all of our participants, especially families and children, regardless of ability to pay.

2500 W Bethany Road Sycamore, Illinois 60178 · Fax (815) 758-4549 kishymca.org



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Youth Basketball Rules (continued)

1. Every player will play half of the game. No player will play the entire game unless there are only five players. All players should receive equal playing time.
2. Game scores will be kept by staff for 3rd grade and up. The score will stop being kept if a team is winning by 10 or more points.
3. Players cannot foul out of a game. However, if a player is continuously fouling, the player may be subbed out so the coach/staff can explain the fouls the player is committing.
4. Each player must start one game and be given the opportunity to play each position. Coaches will treat all players equally.
5. Each team should have at least 4 players present to begin a game. If a team is short players, an inter squad game will be played with those players present from both teams.
6. Players who are inbounding must be given 3 feet by the player guarding them.
7. There are 4 timeouts per game; 2 timeouts each half. Timeouts do not carry over. Timeouts will be 30 seconds.
8. All fouls and violations will be called at the discretion of the referees. No protests are allowed. Referee decisions are final.
9. Referees will track possession of jump balls and award possession to the proper team.
10. Coaches, Players, and Spectators will not abuse officials, YMCA staff, or volunteers. Violators will be asked to leave and a follow up will be conducted by the Sports Director. This is a skill based league. The focus is in development and fun.

Jessica Bacon

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Kishwaukee Family YMCA

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