



Glacial Community YMCA Basketball Rules

1st & 2nd Grade

Ball Size & Hoop Height

- 27.5" circumference basketball
- 8' 6" height of rim

Court Size –

- Cross Court at YMCA at Pabst Farms, full court at Watertown Area YMCA

Defense –

- Man to Man defense only. No zone defenses allowed.
- No intentional double team is allowed. Help defense is encouraged but players are to recover back to their assigned player. Help defense is a fundamental in which a defensive player who is two passes away from the ball adjusts his defense to help another teammate defend the ball handler.
- **With officials' discretion, 5 second closely guarded will be enforced the last 2 minutes of each game to eliminate "stall" by a team.**
 - Closely Guarded = the defensive player is within six feet, measured from foot to foot
- No press allowed; defense must retreat after defensive team obtains possession.
- Can steal a pass but may not attempt to steal the ball away from a player that has controlled possession.

Fouls –

- Will not be recorded and no free throws will be taken.
- If a foul is called, the ball will be given to the team who the foul was committed against.
- Based on official's discretion, if a player is committing numerous fouls, they will ask the coach to have the player sit out until the next substitution.

Game Duration –

- 4 quarters of 8 minutes. The game clock will stop on an official's whistle during the last minute of each half.

Offense –

- Offensive plays that are intentionally designed to isolate players into one-on-one situations (preventing remaining defenders from joining the play) will not be allowed.
 - This rule is in place to ensure teams are teaching all players to play all positions, no matter their skill level – encourage skill development for everyone on the team.
- **Double Dribble / Traveling** – For the first three weeks, we will call traveling/double dribbling, but the ball will remain with the offensive team. Starting November 20th (week 4), we will still call the violations, but the ball will be given to the defensive team. Officials will use these violations as teaching moments.

Officials –

- It is expected that all players, coaches, and fans treat officials respectfully at all times.
- The officials are learning how to officiate through practical experience. Officials do receive training from the YMCA but they improve by officiating – they will make mistakes and calls...remain a positive role model throughout the entire game.
- If you feel you must discuss an officiating issue, please contact either the YMCA site supervisor, Katelyn Lutz (Pabst Farms Youth & Recreation Director), or Amanda Hoffman (Watertown Youth Program Director). Conduct not in line with YMCA sports philosophy and mission will not be tolerated.

Scoring and Records –

- 1st & 2nd grade – Game score will be kept; Team records will not be.

Substitutions –

- Must take place at the quarter and 4-minute mark of each quarter. The exception is for an injured player who cannot continue play.
 - Team huddles are not allowed during the 4 minute mark for subs. If you wish to huddle during this time a timeout must be used. Time is allowed for team huddles in-between quarters.
- Unless a team has less than 10 players, a player should play 4 minutes and then sit 4 minutes.
 - No player should play more than 2 consecutive 4 minute periods.
- The offensive team maintains possession following the substitution break. This is not considered a change of possession.
- **Coaches need to manage the team's playing time and make sure everyone plays equally. It helps to make your game rotation prior to each game. Also, make sure each child has the opportunity to start the game throughout the season.**

Time-Outs –

- Two (2) 30-second timeouts will be allowed per half; cannot be carried over.