



YMCA at Pabst Farms Basketball League Rules 4th-5th & 6th Grade Boys & Girls

Ball Size & Hoop Height –

- 28.5" circumference basketball
- 10' height of rim

Court Size –

- Full Court
 - North Court (Courts 3 and 4 combined) and South Court (Courts 1 and 2 combined) in Gymnasium

Defense –

- Man to Man defense only. No zone defenses allowed.
- No intentional double team is allowed outside of the lane area. Help defense is encouraged but players are to recover back to their assigned player
- 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. The count applies to a player who is dribbling or holding the ball.
- Pressing:
 - 4th Grade – Pressing is only allowed in the last 2 minutes of the 4th quarter. No pressing is allowed by a team who is ahead by 10 or more points.
 - 5th & 6th Grade – Pressing is not allowed during the first half, but is allowed in the 2nd half. No pressing is allowed by a team who is ahead by 10 or more points.
- Players can steal from a player in possession of the ball. Reach-in fouls will be strictly enforced.

Fouls –

- Each player has 5 fouls; a player committing 5 fouls is out of the game.
- Free throws will be taken from the standard free throw line on any shooting foul at any time during the game.
- The clock will stop while free throws are being taken.
- Team fouls and bonus situations will be recorded.
- Technical Foul –
 - 1st offense – Player must sit out for the remainder of the quarter
 - 2nd offense – Automatic ejection and communication with the director/supervisor is required before return to play.

Game Duration –

- 4 quarters of 8 minutes.
 - The game clock will stop on an official's whistle during the last minute of each half.
 - Games ending in a tie will play 2-minute overtime, with the clock stopping on an official's whistle. No additional time outs will be granted.
 - If additional overtime is needed, a second 2-minute overtime will be played. If teams are still tied, it will be sudden death, with alternating possession in effect to determine which team starts with the basketball.

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 and Travel calls will be enforced.
- Lane Violations of 3 seconds will be enforced.

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, James Monogue (Sports Director), or Kyle Althoff (Youth & Recreation Coordinator). Conduct not in line with YMCA sports philosophy and mission will not be tolerated.

Scoring and Records –

- Score and Records will be kept on the Quickscores website.

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.
- Coaches need to manage the team's playing time and make sure everyone plays equally. Make sure each child has the opportunity to start a game throughout the season.

Time-Outs –

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