FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA YOUTH BASKETBALL RULES

Divisions: ages 3-4

All basketball rules and violations will be governed by the National Federation of State High School Associations rules. The following exceptions apply and are based on the guidelines from USA Basketball and the National Basketball Association:

Size of Ball: 22

Height of Basket: 6 ft.

Game Length: Four 6-minute periods and the clock will run.

Timeouts: Two 60-second timeouts per half. Timeouts do not carry over.

Start of Game Possession: Home team awarded possession starting with throw-in at half-court. Alternating possessions will take effect thereafter for each quarter. A team must have 4 players present to start the game.

Playing Time: Players shall play a minimum of 50% of game. No player shall play more than 75% of total playing time unless all other players present have played at least 75% of total playing time.

Scoring: Score will be not be kept.

Substitutions: Substitutions can be made once per quarter around the 4-minute mark during a stoppage in play. Players must wait for official's signal before coming on.

Defense: Any defense can be played at any time of the game beginning in the trapezoid.
Zone defense is recommended for ages 6 and below.
No pressing. No double-team/crowding.
Stealing from a player in possession of the ball is not allowed.

Offense: Every player should be given the chance to dribble the ball up the court each game.
Coaches should encourage players not to double dribble or travel.
Officials will give offenders the opportunity to re-do and maintain the ball after a double dribble or travel. Multiple repeat offenses from the same player will result in a turnover.

Fouls: All fouls on the defense will result in the offense maintaining possession of the ball and taking the ball out to the closest location on where the foul occurred. There will be no shooting fouls in this age group.

Coaches: One coach is permitted to be on the court at a time. Coaches will be responsible for the behavior of their teams and parents.

Spectators: Fans are encouraged to cheer and support both teams. All are expected to be courteous and be positive role models for players. Spectators will respect coaches, players, game officials and other spectators at YMCA events.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA YOUTH BASKETBALL RULES

Divisions: ages 5-6

All basketball rules and violations will be governed by the National Federation of State High School Associations rules. The following exceptions apply and are based on the guidelines from USA Basketball and the National Basketball Association:

Size of Ball: 27.5

Height of Basket: 8 ft.

Game Length: Four 8-minute periods and the clock will run.

Timeouts: Two 60-second timeouts per half. Timeouts do not carry over.

Start of Game Possession: Home team awarded possession starting with throw-in at half-court. Alternating possessions will take effect thereafter for each quarter. A team must have 4 players present to start the game.

Playing Time: Players shall play a minimum of 50% of game. No player shall play more than 75% of total playing time unless all other players present have played at least 75% of total playing time.

Scoring: Score will be not be kept.

Substitutions: Substitutions can be made once per quarter around the 4-minute mark during a stoppage in play. Players must wait for official's signal before coming on.

Defense: Any defense can be played at any time of the game beginning in the trapezoid.
Zone defense is recommended for ages 6 and below.
No pressing. No double-team/crowding.
Stealing from a player in possession of the ball is not allowed.

Offense: Every player should be given the chance to dribble the ball up the court each game.
Coaches should encourage players not to double dribble or travel.
Officials will give offenders the opportunity to re-do and maintain the ball after a double dribble or travel. Multiple repeat offenses from the same player will result in a turnover.

Fouls: All fouls on the defense will result in the offense maintaining possession of the ball and taking the ball out to the closest location on where the foul occurred. There will be no shooting fouls in this age group.

Coaches: One coach is permitted to be on the court at a time. Coaches will be responsible for the behavior of their teams and parents.

Spectators: Fans are encouraged to cheer and support both teams. All are expected to be courteous and be positive role models for players. Spectators will respect coaches, players, game officials and other spectators at YMCA events.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA YOUTH BASKETBALL RULES

Divisions: ages 7-8

All basketball rules and violations will be governed by the National Federation of State High School Associations rules. The following exceptions apply and are based on the guidelines from USA Basketball and the National Basketball Association:

Size of Ball: 27.5

Height of Basket: 9 ft.

Game Length: Four 8-minute periods and the clock will run.

Timeouts: Two 60-second timeouts per half. Timeouts do not carry over.

Start of Game Possession: Jump ball. Alternating possessions will take effect thereafter for each quarter. A team must have 4 players present to start the game.

Playing Time: Players shall play a minimum of 50% of game. No player shall play more than 75% of total playing time unless all other players present have played at least 75% of total playing time.

Scoring: Score will be kept but will reset to 0-0 at the end of each quarter. No official score will be recorded. At no time should the scoreboard display more than a 20-point difference between teams. Once a team leads by 30 points, the game will move to a running clock for the remainder of play, stopping only for timeouts.

Substitutions: Substitutions can be made once per quarter around the 4-minute mark during a stoppage in play. Players must wait for official's signal before coming on.

Defense: Any defense can be played at any time of the game beginning at mid-court.
Player-to-player defense is recommended for ages 7 and above.
No pressing. No double-team/crowding.
Stealing from a player in possession of the ball is not allowed.

Offense: Every player should be given the chance to dribble the ball up the court each game.
Coaches should encourage players not to double dribble or travel.
Officials will give offenders the opportunity to re-do and maintain the ball after a double dribble or travel once. Repeat offense from the same player will result in a turnover.

Fouls: All fouls on the defense will result in the offense maintaining possession of the ball and taking the ball out to the closest location on where the foul occurred. There will be no shooting fouls in this age group.

Coaches: Coaches should remain on the sidelines. Coaches will be responsible for the behavior of their teams and parents.

Spectators: Fans are encouraged to cheer and support both teams. All are expected to be courteous and be positive role models for players. Spectators will respect coaches, players, game officials and other spectators at YMCA events.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA YOUTH BASKETBALL RULES

Divisions: ages 9-10 or 9-11

All basketball rules and violations will be governed by the National Federation of State High School Associations rules. The following exceptions apply and are based on the guidelines from USA Basketball and the National Basketball Association:

Size of Ball: 28.5
Height of Basket: 10 ft. (9-10 girls only division will play at 9 ft.)

Game Length: Four 8-minute periods and the clock will run. Clock will stop on all free throws, all timeouts and the last 2 minutes of the fourth quarter on any dead ball.

Timeouts: Two 60-second timeouts per half. One timeout per overtime period. Timeouts do not carry over.

Start of Game Possession: Jump ball. Alternating possessions will take effect thereafter for each quarter. A team must have 4 players present to start the game.

Playing Time: Players shall play a minimum of 50% of game. No player shall play more than 75% of total playing time unless all other players present have played at least 75% of total playing time.

Scoring: Score will be kept. At no time should the scoreboard display more than a 20-point difference between teams. Once a team leads by 30 points, the game will move to a running clock for the remainder of play, stopping only for timeouts.

Substitutions: Substitutions can be made once per quarter around the 4-minute mark during a stoppage in play. Players must wait for official's signal before coming on. **Exception:** Substitutions can be made at any dead ball the last 4 minutes of the fourth quarter.

Defense: Any defense can be played at any time of the game from mid court. Any team not leading by 15 points or more may **press full court in the last 2 minutes of each half**. Any team leading by 20 points or more must play defense within the 3-point line extended.

Fouls: Individual and team fouls will be recorded. Technical fouls count as personal fouls to a player. The double bonus will occur after the 5th team foul of each quarter.

Technical Fouls: Players: If a player receives a technical foul they must sit the remainder of the quarter. Two technical fouls during the game results in automatic ejection from the game and a one game suspension.
Coaches: If a coach receives a technical foul they must remain seated for the remainder of the game. Two technical fouls in a game will result in automatic ejection from the game and a one game suspension.

Backcourt: 10 seconds
In-bounds: 5 seconds
Lane Violation: 3 seconds
5 seconds closely guarded: Only when the offensive player is holding the ball

Overtime: During the regular season, a 2-minute overtime period will be played. If the score remains tied at the end of this period the game will go to sudden victory with the first team that scores wins. During the end of season tournament, if the score is tied at the end of the first overtime, a second 2 minute overtime will be played. If the score remains tied at the end of this period the game will go to sudden victory with the first team that scores wins. A jump ball will begin the overtime period, with alternating possession governing play thereafter. Any unused time outs in the second half will not carry over into overtime. Each team will receive one 60-second time out in overtime.

Coaches: Coaches will be responsible for the behavior of their teams and parents.

Spectators: Fans are encouraged to cheer and support both teams. All are expected to be courteous and be positive role models for players. Spectators will respect coaches, players, game officials and other spectators at YMCA events.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA YOUTH BASKETBALL RULES

Divisions: ages 11, 11-12

All basketball rules and violations will be governed by the National Federation of State High School Associations rules. The following exceptions apply and are based on the guidelines from USA Basketball and the National Basketball Association:

Size of Ball: 28.5
Height of Basket: 10 ft.

Game Length: Four 8-minute periods and the clock will run. Clock will stop on all free throws, all timeouts and the last 2 minutes of the fourth quarter on any dead ball.

Timeouts: Two 60-second timeouts per half. One timeout per overtime period. Timeouts do not carry over.

Start of Game Possession: Jump ball. Alternating possessions will take effect thereafter for each quarter. A team must have 4 players present to start the game.

Playing Time: Players shall play a minimum of 50% of game. No player shall play more than 75% of total playing time unless all other players present have played at least 75% of total playing time.

Scoring: Score will be kept. At no time should the scoreboard display more than a 20-point difference between teams. Once a team leads by 30 points, the game will move to a running clock for the remainder of play, stopping only for timeouts.

Substitutions: Substitutions can be made once per quarter around the 4-minute mark during a stoppage in play. Players must wait for official's signal before coming on. **Exception:** Substitutions can be made at any dead ball the last 4 minutes of the fourth quarter.

Defense: Any defense can be played at any time of the game. Leading team may not press if leading by 15 points or more. Any team leading by 20 points or more must play defense within the 3-point line extended.

Fouls: Individual and team fouls will be recorded. Technical fouls count as personal fouls to a player. The double bonus will occur after the 5th team foul of each quarter.

Technical Fouls: Players: If a player receives a technical foul they must sit the remainder of the quarter. Two technical fouls during the game results in automatic ejection from the game and a one game suspension.
Coaches: If a coach receives a technical foul they must remain seated for the remainder of the game. Two technical fouls in a game will result in automatic ejection from the game and a one game suspension.

Backcourt: 10 seconds
In-bounds: 5 seconds
Lane Violation: 3 seconds
5 seconds closely guarded: Only when the offensive player is holding the ball

Overtime: During the regular season, a 2-minute overtime period will be played. If the score remains tied at the end of this period the game will go to sudden victory with the first team that scores wins. During the end of season tournament, if the score is tied at the end of the first overtime, a second 2 minute overtime will be played. If the score remains tied at the end of this period the game will go to sudden victory with the first team that scores wins. A jump ball will begin the overtime period, with alternating possession governing play thereafter. Any unused time outs in the second half will not carry over into overtime. Each team will receive one 60-second time out in overtime.

Coaches: Coaches will be responsible for the behavior of their teams and parents.

Spectators: Fans are encouraged to cheer and support both teams. All are expected to be courteous and be positive role models for players. Spectators will respect coaches, players, game officials and other spectators at YMCA events.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA YOUTH BASKETBALL RULES

Divisions: ages 12, 12-14 or 13-14, 13-15 and 15-17

All basketball rules and violations will be governed by the National Federation of State High School Associations rules. The following exceptions apply and are based on the guidelines from USA Basketball and the National Basketball Association:

Size of Ball: 29.5
Height of Basket: 10 ft.

Game Length: Four 8-minute periods and the clock will run. Clock will stop on all free throws, all timeouts and the last 2 minutes of the fourth quarter on any dead ball.

Timeouts: Two 60-second timeouts per half. One timeout per overtime period. Timeouts do not carry over.

Start of Game Possession: Jump ball. Alternating possessions will take effect thereafter for each quarter. A team must have 4 players present to start the game.

Playing Time: Players shall play a minimum of 50% of game. No player shall play more than 75% of total playing time unless all other players present have played at least 75% of total playing time.

Scoring: Score will be kept. At no time should the scoreboard display more than a 20-point difference between teams. Once a team leads by 30 points, the game will move to a running clock for the remainder of play, stopping only for timeouts.

Substitutions: Substitutions can be made once per quarter around the 4-minute mark during a stoppage in play. Players must wait for official's signal before coming on. **Exception:** Substitutions can be made at any dead ball the last 4 minutes of the fourth quarter.

Defense: Any defense can be played at any time of the game. Leading team may not press if leading by 15 points or more. Any team leading by 20 points or more must play defense within the 3-point line extended.

Fouls: Individual and team fouls will be recorded. Technical fouls count as personal fouls to a player. The double bonus will occur after the 5th team foul of each quarter.

Technical Fouls: Players: If a player receives a technical foul they must sit the remainder of the quarter. Two technical fouls during the game results in automatic ejection from the game and a one game suspension.
Coaches: If a coach receives a technical foul they must remain seated for the remainder of the game. Two technical fouls in a game will result in automatic ejection from the game and a one game suspension.

Backcourt: 10 seconds
In-bounds: 5 seconds
Lane Violation: 3 seconds
5 seconds closely guarded: Only when the offensive player is holding the ball

Overtime: During the regular season, a 2-minute overtime period will be played. If the score remains tied at the end of this period the game will go to sudden victory with the first team that scores wins. During the end of season tournament, if the score is tied at the end of the first overtime, a second 2 minute overtime will be played. If the score remains tied at the end of this period the game will go to sudden victory with the first team that scores wins. A jump ball will begin the overtime period, with alternating possession governing play thereafter. Any unused time outs in the second half will not carry over into overtime. Each team will receive one 60-second time out in overtime.

Coaches: Coaches will be responsible for the behavior of their teams and parents.

Spectators: Fans are encouraged to cheer and support both teams. All are expected to be courteous and be positive role models for players. Spectators will respect coaches, players, game officials and other spectators at YMCA events.