

# YMCA of Moore County Youth Programs - Basketball Rules

Our mission is “to put Christian principles into practice through programs that build healthy mind, body and spirit for all.”

## UP TO AGE 5

### Team Formation

- YMCA programs staff will draft teams.
- Teams will be formed based on age, gender and grade
- Teams will have a max of 10 players.

### Coach Requirements

Adults who volunteer as coaches, assistant coaches or team parents must:

- Turn in a volunteer application
- Sign a coach’s contract
- Pay the fee for the criminal background check
- Pass a criminal background check

### GAME RULES

The YMCA strives to teach character values such Caring, Honesty, Respect and Responsibility.

#### CARING:

- Everyone plays. All players will play a minimum of 50% of the game.
- The game shall consist of five players per team on the court. In the event a team does not have five players, the game may continue with the players available. The goal is to play. The game will not be forfeited or rescheduled.
- Coaches may remain on the court during the game to instruct and encourage players at all times but should not physically move players.
- Each team must be allowed to move the ball unhindered past the centerline. This allows each team an opportunity for equal playing time and ball-handling experience.

#### HONESTY

- All team members must register with the YMCA before the first game day.
- Substitutions should be made at the end of each quarter. Substitutions may be made through the course of the game, if necessary, but must be made when the ball is out of bounds. For example, if a child cries and refuses to continue, then another player may substitute. This allows the opportunity for every player to play a minimum of 50% of the game.
- RESPECT
- Officials are required to demonstrate respect for everyone. In return, players, coaches, spectators, etc. will demonstrate respect for the official at all times. This allows adults to be good examples to the players.
- A non-player technical foul against coaches, parents or other spectators will result in ejection from the game and suspension for the remainder of the season.
- The game will be abandoned if the official feels the game, coach, and/or spectators are out of control.
- Officials make the final decision. Players, coaches, spectators, etc. are encouraged to schedule a time which is most convenient for all parties to discuss with YMCA staff any questions or concerns.

#### RESPONSIBILITY

- All team members must wear the team shirt provided by the Y to be easily identified.
- Scores will not be recorded. This allows coaches to focus on teaching the Y’s core values, as well as the most basic fundamentals of the game.

#### RULES FOR PLAY

- Man-to-man defense only. No pressing, switching, trapping or screens.
- A coin flip determines which team receives possession of the ball first. Possession of the ball will alternate between the two teams, thereafter, including jump ball situations.
- Double dribbling and traveling will be called LOOSELY. This allows players to learn the concept of dribbling.
- Fouls will be called for this age division and will be penalized with a turnover. This allows the player to learn the violation and the penalty.
- Fouls will not be granted a free throw.
- Ball size: Mini for 3-and 4-year-olds, 27.5 for 5-year-olds
- Rim height: 7’

#### CLOCK

- Games begin within five minutes after the scheduled time to allow games to remain on schedule.
- Games will be 37 minutes long: 7-minute quarters with a 2-minute break between quarters.
- Half-time will not be longer than 5 minutes.
- Each team will receive a one-minute time-out per half. Unused timeouts will not carry over.
- In the event a game starts late, the quarters will be shortened to allow games to remain on schedule.
- The clock will run continuously with only one exception: injury of a player.