



Champaign Family YMCA

Youth Basketball

Rules

The YMCA sports philosophy is: Everyone plays, safety first, fair play, positive competition, sport for all and sport for fun! We want to instill fundamental skills for the proper development of each athlete.

1. START - The game will start with an inbound pass. The team's coach, who gives the quick pre-game devotion, will receive the ball first. Possession will alternate for remainder of the game and players should be taught to "take the ball out" after made baskets.
2. All PLAYERS will get the chance to play if present at the game and coaches will use the Y subbing sheets to make playing time and matchups as equal as possible.
3. RIM HEIGHT AND BALL SIZE - Age 5-6 Rimes will be lowered to 8 feet. Ages 7-10 will shoot on an 8 1/2-foot rim. Although many kids will be able to shoot on a higher rim at this age, we feel that proper shooting form and technique is best served at the 8 ½ - 9 ft height. This is a natural progression in height starting with our younger age groups. The 3-6 year olds will use a mini ball, and the 7-10 year olds will use a junior ball (27.5").
4. QUARTER LENGTH - The length of each game for the 5-6, 7-10-year-olds will be (4) 8-minute running-clock quarters. The clock will stop only if there is an injury on the floor or if there is some incident that will "take up a lot of time."
5. STEALING PASSES - IN THE 1ST HALF, Players are not permitted to steal any pass around the perimeter nor are they allowed to steal a ball while being dribbled or held by the opponent. *Passes "thrown up" in the air or attempted to be entered into the paint may be stolen.*
6. BLOCKING SHOTS - If the ball is blocked, but the defending player is in good position, which means he or she doesn't swipe at the ball or leave their feet, then it is a good block and play continues. Focus should be on dribbling / passing / shooting when open.
7. DEFENSE - Man to man is the ONLY defense allowed. "Help side" defense is great, but an emphasis on defensive position and seeing "ball and man" at all times should be the main focus. Players will be lined up across from the person they are guarding to start each new quarter; they will remain with that player the entire quarter with no switching on defense. Reminders should be issued to players not guarding their own player.
8. VIOLATIONS - For the first 3 games, egregious traveling and other infractions should be called, but ball awarded back to the player, game continues. As the season goes on, coaches can agree on calling the games a bit tighter and turning over bad violations.
9. REF - Coaches will have a whistle and referee their own games. Coaches will work together to ensure that our players are playing with proper technique. Having a bench coach is a plus!
10. PACE OF GAME - During the First half, offense is required to allow defensive players to run back and get into proper position before passing to start the possession. For the 7-10 yr olds only, "Fast Break" will be allowed during the last 4 minutes of the 3rd and 4th quarters. For the 7-10 year olds, **"Fast Break" and stealing will be allowed during the entire second half.**

Coaching responsibilities:

- Ask volunteers to run the clock or help watch your bench
- Organize snacks for after the game
- There will only be two coaches on the floor at a time
- Have fun and try not to get too competitive. Stay positive