



Basketball Rules: 3rd Grade – 8th Grade

RECREATIONAL	Players	Ball	Goal	Minutes/Quarter	Timeouts
3 rd -6 th Grade	5	28.5"	10 feet	10-minute running clock	2 per half
7 th -8 th Grade	5	29.5"	10 feet	10-minute running clock	2 per half

A. Uniform Requirements

- a. All players must wear a YMCA reversible jersey to games.

B. Start/End of the Game

- a. There must be 4 players on the court at game time in-order-to start the game.
- b. All games will begin with both teams facing each other at mid-court, reciting the YMCA Sports Pledge: *Dear God, I pledge to play the game the best that I can; to be a team player; to respect my opponent, the rules and officials; and with your, improve myself in spirit, mind and body.*

C. Roster Size

- a. The optimum roster size for each team is 10 players. Variances can be allowed at the YMCA's discretion, but it is strongly recommended to not exceed the 12-player maximum.
- b. All players must receive equal playing time. It is the coaches' responsibility to ensure this.

D. Playing Periods

1. There will be (4) – 10-minute quarters with a running clock. The clock will stop for timeouts, official timeouts, injuries, and any dead ball the last minute of the 4th quarter. Halftime will be limited to 5 mins.
2. If either team is winning by 15 points or more, the clock will run continuously.
3. In case of a tie at the end of regulation there will one 2-minute overtime period. If the game is still a tie sudden death rules may apply first team to score TWO POINTS wins.
 - a. Bonus free throw rules and personal foul rules carry over from the 4th quarter to overtime
 - b. Each team may have ONLY one (1) timeout in sudden death overtime.

E. Defense Rule

1. 3rd-6th grade teams are required to play man-to-man defense through the whole game.
2. 7th-8th grade teams may play either man-to-man or zone defense.

N1. Backcourt Guarding and Pressing – RECREATIONAL

1. 3rd-4th Grade – Backcourt guarding or pressing is NOT allowed.
 - a. Trapping (double teaming) allowed only from the free-throw line extended down to the baseline in the defensive half court
2. 5th-6th Grade- Backcourt guarding or pressing is allowed 1st and 3rd quarters unless either teams is winning by 15 points or more. Trapping (double-teaming) is allowed only in the defensive court (not in the backcourt).
3. 7th-8th Grade- Backcourt guarding or pressing is allowed all game (unless team is up by 15 points or more).

S. Free Throws

1. All players will shoot free throws from the regulation free throw line.

W. Fouls & Bonuses

1. Each player is allowed four personal fouls per game. On the fifth foul, player for the remainder of the game. The player may not return for extra periods of play.
2. A team foul is marked for every personal foul a team member receives. One and one free throws will be awarded for every foul on the seventh foul. On the tenth foul the shooting team will be awarded two shots.