



BASKETBALL RULES

PreK-2nd Grade

Boys and Girls Leagues

<u>Ages</u>	<u>Players</u>	<u>Ball</u>	<u>Goal Ht.</u>	<u>Game Length</u>	<u>Timeouts</u>
Pre-K	5	27.5"	6 feet	8 min running clock	2 per half
Kinder-2 nd Grade	5	27.5"	8 feet	10 min running clock	2 per half

A. Uniform Requirements

1. All players must wear a YMCA issued jersey to all games. Teams are not allowed to supply custom jerseys.

B. Start/End of the Game

1. There must be at least 4 players on the court at game time in-order to start the game.

2. All games will begin with both teams facing each other at mid- court, reciting the YMCA Sports Pledge.

YMCA Sports Pledge: *"Dear God, I pledge to play the best that I can; to be a team player; to respect my opponents, the rules and officials; and with your help, improve myself in spirit, mind and body"*

C. Scoring

1. Pre- K - 2nd Grade:

a. Normal scoring rules apply for field goals and free throws

b. 2 points for field goals, 1 point for free throws

D. Substitutions

1. All players must play equal time

2. Substitutions will occur at the mid-point of each quarter. Coaches can agree to only substitute after each quarter but must be agreed upon at the start of the game with referees.

E. Defense Rule

1. All teams must play man-to-man defense during the entire game.
2. Defenders are NOT allowed to steal the ball from a dribbler. Defenders may only steal the ball off a pass or a ball that is deemed a “loose” ball. Shot blocking is allowed but will be closely observed by officials.
 - a. Defenders that slap or reach will be whistled for a foul and the Offensive team will remain possession of the ball at half court.
 - b. A Loose ball is a ball that is not within the possession of the player.
 - c. A ball that is dribbled off the foot of the offensive or defensive player is deemed a loose ball.
 - d. Defenders may impede the path of a but are NOT permitted to steal the ball unless it is passed.
3. Double-teaming is allowed inside extended free throw line only.

F. backcourt Guarding and Pressing

1. There shall be no backcourt guarding (pressing).

G. Free Throws

1. Shoot 5 feet inside the regulation free-throw line.

W. Fouls

1. No fouling out, players who abuse this rule will be asked to sit until they are able to return without fouling.