



SOUTH SOUND YMCA

Basketball Rules

Grades 4-5

Game & Equipment

1. Game consists of 4 eight-minute running quarters.
2. Half time will be five minutes.
3. Intermediate size ball will be used.
4. 10' baskets will be used.
5. Start game with jump ball. Alternate possession for all tie-ups.
6. Home team (team listed second on the schedule) will provide the game ball.
7. Each team is allowed two time outs of 1 minute each.
8. YMCA numbered jerseys are required.
9. Score may be kept. If one coach does not want to, no score will be kept.
10. If score is kept, one representative from each team is required to keep score, fouls and time. **Home team is required to keep time and score, while visiting team will keep fouls.** Representatives should sit together at mid-court. If no score is kept, referee will keep time.

Offense

1. Traveling, double dribble, and three seconds in the key will be enforced.
2. Picks and screens are allowed.
3. Offense has ten seconds to bring the ball across half court.
4. Over and back rule in effect.
5. Three point shots will be awarded if the court has a three point line.

Defense

1. No backcourt or zone defense.
2. Stealing the ball on the dribble is allowed as long as there is no contact.
3. Blocked shots are allowed.
4. Teams may double team the ball inside the three point line, but weak side defenders must stay within arms reach of the offensive player.

Fouls & Free Throws

1. Players will foul out on 5th personal foul.
2. If no score is kept, an assistant coach or parent from the visiting team will kept track of fouls for both teams with foul sheet provided to the coaches by the YMCA.
3. No foul shots will be taken.
4. Non-shooting fouls in-bound the ball from the sideline.
5. Shooting fouls:
 - A) Missed shots - 1 point and in-bound the ball from the baseline.
 - B) Made shots - 2 points and in-bound the ball from the baseline.
6. Team Fouls - Upon the 7th team foul of each half, the fouled team will be awarded one point and given the ball out of bounds.

Substitutions

1. Substitutions will be made during dead balls or time outs.
2. Each player will play an equal amount of time.

Sportsmanship

1. Coaches may not dispute calls, or argue a decision in front of players or spectators. If there is a dispute, address it at half time or after the game in the form of a question. If there is further dispute, contact the coordinator of your division.
2. If parents or spectators have concerns during the game, they will report to the coach or address the YMCA staff person (not the referee) on duty, or contact the coordinator.
3. Refer to Parent Code of Ethics.