



## **SOUTH SOUND YMCA**

### **Basketball Rules for Itty-Bitty**

#### **Game & Equipment**

1. Game consists of four, eight-minute running quarters.
2. Assistant coach or parent from the visiting team (on the right hand on the schedule) will keep time.
3. Coaches or asst. coaches will be the referees at this level. The YMCA will provide coaches with a whistle.
4. Half time will be five minutes.
5. Foam Balls will be used for ages 3-4. Rubber mini size ball will be used for ages 4-5.
6. Baskets will be 4ft for ages 3-4; 5ft for ages 4-5.
7. Score will not be kept.
8. Home team will begin with the ball in-bounding it from the half court sideline. Alternate possessions for tie-ups and try to alternate players to in-bound the ball.
9. Home team (team listed second on the schedule) will provide the game ball.

#### **Offense**

1. Players may carry or dribble the ball, but once they stop moving try to encourage them to pass to a teammate or shoot the ball.
2. No dunking.

#### **Defense**

1. Hands up on defense. No stealing the ball on the dribble unless the ball carrier loses control of the ball (bounces off his/her foot).
2. No backcourt defense.

#### **Substitutions**

1. Substitutions may be made during dead balls, on the fly (if necessary) or at the four minute mark when time is stopped, mass substitutions may be made.
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.