



SOUTH SOUND YMCA

Basketball Rules

Ages 5-7

Game & Equipment

1. Game consists of four, eight minute running quarters. Substitutions will be made at the four minutes mark of each quarter.
2. Half time will be five minutes.
3. Junior size ball will be used.
4. 8' baskets will be used.
5. Score will not be kept.
6. Start the game with home team in-bounding the ball from the half court sideline. Alternate possession for all tie-ups and try to alternate players to in-bounds ball.
7. Home team (team listed second on the schedule) will provide the game ball.
8. YMCA referee will keep time.
9. Each team is allowed two time outs to be used at any time
10. Matching armbands will be worn.

Offense

1. Traveling and double-dribble will be enforced with some leniency.
2. No picks or screens.
3. Offensive has ten seconds to bring the ball across half court.

Defense

1. No backcourt or zone defense.
2. Defending the ball
 - a. There shall be an arms length distance between the offense with the ball and defender (enough space so that the offense can move on the dribble or when the ball is dead to pivot).
 - b. No double teaming.
 - c. No stealing the ball on the dribble unless the ball carrier loses control of the ball (bounces off his/her foot).
 - d. Intercepting the ball off the pass is allowed.
 - e. Intentional blocked shots are not allowed. Hands/arms should be straight up or to the sides. No swatting.

Fouls & Free Throws

1. Players will not foul out.
2. No foul shots will be taken. The ball will be in-bounded from the sideline by the team fouled.

Substitutions

1. 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.