



# YMCA Junior Cavaliers Youth Basketball Rule Sheet



## Grades 1<sup>st</sup>-3<sup>rd</sup>

## Grades 4<sup>th</sup> -6<sup>th</sup>

### Court (Game)

- All Games will be played on half of the court.

### Start (Game)

- Games will begin with each team's starting five lined up in front of who they are "guarding."
- A jump ball between one player from each team will take place and the game will begin.

### Game Clock

- There will be a running clock.
- Clock only stops for a timeout or substitution marks.
- There will be 4 quarters with a 2-minute halftime.
- Each Quarter is 8 minutes long.

### Substitutions

- Clock will stop every 3 minutes for substitutions.

### Playing Time

- All players should have equal playing time for each game.

### Timeouts

- Each coach gets 1 (30 second) timeout per game.

### Defense

- No defense in the backcourt (pressing)
- No double teaming
- Always in man-to-man defense

### Travel, Double Dribble, Carry

- There is no double dribble or carry calls at this level.
- Traveling will be called for any more than 4 steps without dribbling.

### Fouls

- If a foul is called, the opposite team is awarded the ball.
- There are no free throws.
- Fouls will not be charged to individual players
- If a player fouls repeatedly, they will be benched.

### Jump Ball Rule

- Jump ball situations will follow the jump ball rule, alternating possessions between the 2 teams based off the result of the tip-off.

**\*\* Coaches and Officials are responsible for following YMCA values at all times. \*\***

### Court (Game)

- All Games will be played on regulation full court.

### Start (Game)

- Games will begin with each team's starting five lined up in front of who they are "guarding."
- A jump ball between one player from each team will take place and the game will begin.

### Game Clock

- There will be a running clock.
- Clock only stops for a timeout, substitution marks, or for free throws inside the final 2 minutes of each half.
- There will be 4 quarters with a 2-minute halftime.
- Each Quarter is 8 minutes long.

### Substitutions

- Clock will be stopped every 4 minutes for substitutions.

### Playing Time

- All players should have equal playing time for each game.

### Timeouts

- Each coach gets 2 (30 second) timeouts per half.

### Defense

- No defense in the backcourt (pressing) unless final 5 minutes of 4<sup>th</sup> quarter.
- No double teaming
- Always in man-to-man defense
- Teams will have 10 seconds to advance the ball past half court.

### Travel, Double Dribble, Carry

- There will be calls for traveling and double dribbles.
- Officials will be lenient with calls unless the violation is clear.

### Fouls

- Common/Personal fouls (Reach, Block, etc.) will be called.
- 2 Free throws will be awarded for shooting fouls.
- 1 free throw will be awarded after 6 team fouls in a half.
- All player fouls will be recorded at the scorer's table.
- If a player repeatedly commits the same foul, they will be benched.

### Jump Ball Rule

- Jump ball situations will follow the jump ball rule, alternating possessions between the 2 teams based off the result of the tip-off.