



YMCA Junior Cavaliers Youth Basketball Rule Sheet



Grades 1st-3rd

Grades 4th -6th

Court (Game)

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

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 stops for timeouts, substitution marks, or injury.
- There will be 4 quarters with a 2-minute halftime.
- Each Quarter is 9 minutes long.

Substitutions

- Clock will stop every 4 1/2 minutes for substitutions.

Playing Time

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

Timeouts

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

Defense

- No defensive press in the backcourt
- No double teaming
- Always in man-to-man defense (NO ZONE)

Travel, Double Dribble, Carry

- There is minimal double dribble or carry calls at this level.
- Officials will be very lenient with calls at this age level unless the violation is clear.

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 stops for timeouts, free throws, substitution marks, or injury.
- Free throws will only stop the clock until after the first shot is attempted unless inside final 2 minutes of a 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 will have equal playing time for each game.

Timeouts

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

Defense

- No defensive press in the backcourt unless
- No double teaming
- Always in man-to-man defense (NO ZONE)
- Teams have 10 sec. to advance the ball past half court.

Travel, Double Dribble, Carry

- There will be calls for traveling and double dribbles.
- Officials will create teaching moments if a player repeats the same violation.

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.
- 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.