



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BASKETBALL LEAGUE RULES AND GUIDLINES

3 & 4 Year Old-Kindergarten

WESTSIDE YMCA YOUTH SPORTS

YMCA OF COLUMBIA WILLAMETTE

WESTSIDE YMCA YOUTH SPORTS
BEAVERTON HOOP YMCA
9685 SW HARVEST COURT
BEAVERTON, OR 97005

503.644.2191
WESTSIDE@YMCACW.ORG

EQUIPMENT AND UNIFORMS

- Players must wear appropriate court shoes (flat-sole, non-marking)
- Game shirts will be provided for all players and head coaches. This is the official uniform and must be worn during games.
- 3-4 Year Old: Mini Basketball and 6ft. hoop height.
*Mini basketballs will be given to each 3-4 year old player.
- Kindergarten: 25.5" basketball and 8ft. hoop height.
- Players must not wear anything that is dangerous to another player or themselves (rings, watches, earrings, friendship bracelets, etc.) Coaches should inspect players before the game starts.

GAME RULES

- **ELIGIBILITY:**
Players must be paid in full before they are permitted to participate
- **DIRECTION OF PLAY:**
The team that is listed first on the schedule will start the game with possession of the basketball. They will shoot at the basket they warmed up on for the duration of the game. There is no changing hoops or direction at half time.
- **REFEREES:**
Coaches will be out on the floor with their teams during the course of the game. Coaches should direct / encourage players from both teams.
- **BENCH MONITOR:**
A "bench monitor"/assistant coach during the game is recommended, but not mandatory. They would be responsible for keeping order on the bench, as well as assisting the Head Coach with substitutions.
- **MATCHING UP PLAYERS:**
At the start of each game or quarter, five players from each team will line up at half-court. Coaches will match players up for defensive assignments according to height. Players from each team will need to turn around to show their numbers to the other defenders.
- **GAME TIME:**
Each quarter will be 8 minutes, running clock, in length, as well as a break at halftime. Game time is contingent on how much was used for practice. You have one hour total for both practice and game play. Typically earlier in the season more time is designated for practice and coaches communicate on the start time of the game according to their player's needs.
- **FAIR PLAY:**
Each child must play an equal amount of time as permitted by the size of the team roster. Teams will have between 6-12 players and time will be split differently, but coaches must do their best when allocating playing time to the players each week.
- **VIOLATIONS:**
Players are allowed to double dribble/travel during game play. However, it is important to

encourage players to use the skills that they have been learning. Contact does occur during the game, however, most of the time it will be accidental. It is important to constantly remind players to keep some distance to limit physical contact with another player.

- **DEFENSE:**

All players must play man-to-man defense. (No switching or double teaming) Encourage the children not to steal the ball, but to play good defense by sliding their feet from side to side while keeping their hands up. Backcourt press will not be allowed.

- **STEALING:**

Defenders are not allowed to steal the ball while the offense is dribbling. This rule was created to give younger players a chance to develop key fundamental skills without having to worry about losing the ball to a defender. This rule will give players time to develop dribbling technique while they learn how to locate and pass to open teammates. Younger players need to develop confidence while they learn to protect the ball. This also teaches young players to move their feet on defense, instead of using their hands.

- **SHOTS:**

Take the ball out at the end line after every made basket. This is an important aspect of the game and will also keep the pace of the game under control. It allows other players enough time to run down to the opposite end of the court to get set up for defense.

- **TURNOVERS:**

If the ball is dribbled or passed out of bounds, the team committing the "turnover" will still retain possession of the ball. Possession will only change after a shot attempt.

- **CLOCK:**

Designate someone from either team to be the timekeeper. A running clock will be kept for each game. Each team is scheduled to be in the gym for 1 hour total time. Please strictly adhere to the schedule so that each team gets their allotted time.

- **CELEBRATE:**

Remember to stay positive and encourage kids from both teams during games. Don't forget to do a team cheer after each game. Walk in a single file line and give each player from the other team a high-five. Please remember to exit the gym and have any snacks in the hallway. Congratulate your players for their effort and recognize their achievements from the game. Most importantly, enjoy the time coaching your team!