



**FOR YOUTH DEVELOPMENT®**  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# **BASKETBALL LEAGUE RULES AND GUIDLINES**

## **FIRST AND SECOND GRADE**

**WESTSIDE YMCA YOUTH SPORTS**

**YMCA OF COLUMBIA WILLAMETTE**

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## EQUIPMENT AND UNIFORMS

- Coaches should encourage each player to bring a basketball to every practice. (Please remind parents to put names on their child's belonging.) The YMCA provides pennies, cones and a few extra basketballs for practices/games.
- First and second grade teams will use a size 4 ball (25.5") and play on 8 Ft. rims.
- Players must wear appropriate court shoes (flat-sole, non-marking)
- Game shirts will be provided for all players and the head coach. This is the official uniform for the players and they should be worn during games.
- Players are not allowed to wear anything that could potentially cause injury (rings, watches, earrings, bracelets, etc.). Coaches should inspect their 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 10 minutes in length. There will be a break every 5-minutes for substitutions, between quarters and at halftime. It is up to the coaches to make sure the game remains on time and fits into the scheduled time slot while allotting time for subs.

- **CLOCK:**

Designate someone from either team to be the timekeeper. A running clock will be kept for each game. Please strictly adhere to the schedule so that each team gets their allotted time.

- First grade teams will have one hour for practice/games.
- Second grade teams will have half hour practice followed by an hour game (90 minutes total).

- **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. At the beginning of season educate your players on double dribbles and traveling violations and as the season progresses make calls that result in a turnover so they have time to grasp new concepts.

- **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. Defense must stay within the three point line until the ball crosses half court.

- **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. Stealing on a pass is allowed, but coaches please adjust to match your opponent's skill level and needs. Just keep in mind; the goal of the league is to develop a joy of the game in all of the players in the league.

- **BLOCKING SHOTS:**

No blocking shots. Defensive players may have their hands straight up but may not move their hands/arms to make contact with the ball.

- **OFFENSE:**

The goal is to activate the offensive play, as well as to teach teamwork. Rotate your players so that each child has an opportunity to bring the ball up to the half court line while playing point guard. For some kids this is the highlight of their game!

- **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.