



## **Marion Family YMCA: Basketball Rules 5 – 6 & 7- 9-year-old divisions**

1. ALL players will get as equal playing time as possible.
2. Games will consist of FOUR 6-minute quarters with a 5-minute halftime for a total game time of 24 minutes. This clock will be managed by one of the coaches (continuous clock stopping for substitutions, time-outs, and end of periods).
3. NO score will be kept.
4. NO stealing from other players off the dribble.
5. NO stealing passes.
6. NO blocking shots. Defenders MUST keep their feet on the ground and may only put their arms straight up into the air.
7. Free throw distance for these divisions will be NINE feet.
8. NO picks.
9. Player-to-player defense MUST be played at all times. Initial player-to-player at the beginning of the game.
  - a. NO full court press (defense can start at half court).
  - b. NO zone defense.

- c. NO double teams.
10. Fouls will be called by coaches. These will be instructional for the players on learning the rules of the game. Turnovers, over-and-back, inbounds, lane, and backcourt fouls should not be called for this age division. Shot clocks are not used in this age division.
    - a. Traveling will be given an extra step for starting and stopping.
    - b. Double-dribbles are ONE violation per player possession.
  11. Each team will have a total of FOUR time-outs. ONE 60-second and ONE 30-second time-out per half.
  12. The first team listed on the schedule is the HOME TEAM and will start with possession of the ball. Ball possession alternates to restart after each break.
  13. Ball size to be used will be #5.
  14. There will be approximately 9 players, more or less, depending on registrations.
  15. Players on the court will be 5v5. A game can possibly be played with 3v3 or 4v4, if necessary.
  16. The Marion Family YMCA reserves the right to make any changes to the above rules.