

YOUTH SPORTS BASKETBALL RULES

YMCA ROOKIES **(Pre-K)**

1. This is a non-competitive Christian oriented league to educate young players on rules, procedures and sportsmanship of the game. Discipline, unity, and togetherness should be stressed.
2. The start of the game will begin with a meeting in the center for the pledge. Possession will be determined by a coin flip. At the end of the game meet at the center of the court to shake hands.
3. All players will play an equal amount of time and at least half the game. No player is allowed to play for more than 2 consecutive quarters unless there are only 5 players on a team.
4. There will be four 5-minute quarters with a running clock. Scrimmages will start with one team starting with the ball under their opponent's hoop. Scrimmages are played cross-court in the gym. The clock will run continuous. It will stop only when the referee deems necessary. For example, when a learning point needs to be made and will take longer than normal; the referee may stop the clock.
5. All rules will be called each week during the scrimmages, however, each week there will be a rule that is emphasized and enforced through-out the season. Again, the referee will be lenient for learning purposes, but as the season goes on, all calls are to be made at the referee's discretion. Coaches are to be patient with these young children. Education of the game will be stressed.

“Rules of the Week”

Week	Rule	Start
1	Out of Bounds	2nd week turn over
2	Double Dribble	3 rd week turn over
3	Traveling	4 th week turn over
4	Fouling	Explained
5	Sportsmanship	Explained

6. Players will be given colored wristbands, which will be used to help the kids identify who they are supposed to be guarding.
7. The coach is allowed on the court to instruct players throughout the season. For the Rookies League, we recommend that the coaches stay on the floor all season long.
8. This is a fun league for kids. Coaches and parents are encouraged to get involved but to remember that it is learning experience for THEM. Christian oriented education of the youth in basketball is our objective throughout this league.
9. Calls during the games will become stricter throughout the season.
10. If a coach or parent is out of control or cannot comply with the rules, referee and/or given situation, he or she will be escorted out of the building.
11. The score will not be kept.
12. Basket height will be 6 ft.
13. Junior size ball will be used for the Rookies (size 25.5)
14. Coaches, please be polite and approach the referee in a professional manner. If you notice your game official(s) are having problems in your opinion please inform Lauren Donovan, the Sports Director or Mike Larson, the Sports Coordinator, and we will make the proper arrangements. Coaches please understand that all officials make mistakes. Please do not raise your voice at them if you feel a call has been missed.

*All teams will wear an official YMCA Youth Sports Jersey.

*All rules are subject to the referee's discretion and players safety.

Defense

15. The ball cannot be stolen when the player is holding or dribbling the ball. The ball can be stolen off the pass or a cleanly blocked shot. Players cannot (strip) the ball from the other team. Only when the ball is free from the offense hands and is a loose ball can the opposing team attempt to gain control of the ball. For example, stealing will only be allowed if a defensive player cleanly intercepts a pass. Stress the use of feet/arms and defense is important for them to learn at this age.
16. Tie ups or jump balls are decided via alternate possession
17. There is no double/triple-teaming allowed.
18. Teams can only run man-to-man defensive. No zone.
19. Teams will not be aloud to play a press defense. The defending team can start playing defense 9 feet in front of the basket. Ask the referee to clarify where that line is located.

20. No fast breaks. **The only time the referee may allow a fast break is if and only if the player does not have a defender in front of him/her.**

21. We will not shoot free throws at this level. Team keeps or gets ball at the top of the key after a foul is committed. Ask the referee to clarify where that line is located.

Offense

22. There is no time limit on inbounds, backcourt, and lane violations.

23. Out of bounds will be called when the player's foot or ball touches or extends outside the boundaries of the court. **Turnover on 2nd week.**

24. Double Dribbling is when a player stops a dribble then continues dribbling without another player touching the ball. **Turnover on 3rd week.**

25. Traveling taking steps with the ball without dribbling or shuffling your feet while holding the ball. **Turnover on 4th week.**

Fouls

26. Holding will be called when the defensive player holds the offensive player with or without the ball.

27. Pushing will be called when the offensive/defensive player pushes an opponent.

Players, parents, coaches who curse, taunt, or show unsportsmanlike manner to opponents, officials or staff of the YMCA will be removed from the league.

If you have any questions about the league or these rules, please contact Lauren Donovan, the Sports Director at 636-458-6636, extension 226 or email at ldonovan@ymcastlouis.org.