

YMCA Youth Basketball Rules

RULES/REGULATIONS

- Game consists of 4 - six minute quarters, 30 seconds between quarters
- Each player must play two quarters
- Continuous clock but will stop on a violation during the last 15 seconds in the game
- No free throws will be shot
- No full court press allowed
- If player is fouled, basket missed, same team receives the ball
- If player is fouled, basket is made, same team receives 1 more point
- NO ZONE DEFENSE
- Players may not wear jewelry/watches, etc. for safety reasons

SHOES

- Participants are required to bring a change of shoes to wear in both facilities
- Sand, dirt and moisture carried into the gym is deposited on the floor, which creates an unsafe playing area and ruins floor surface
- Street shoes and coats are to be left in the bleachers at the Middle School and in the lockers at the YMCA

SPECTATORS

- Please remain in the designated seated area during games
- Please supervise younger children so they do not crawl behind bleachers or loiter/play in the hallways, restrooms or in the upstairs area of the YMCA
- No one is allowed on the upper floors of the building - THANK YOU 😊

SPORTSMANSHIP

- The YMCA Youth Basketball program is dedicated to youth and provides a healthy recreational activity
- Our GOAL is to teach basic fundamentals and techniques under good leadership in an atmosphere of wholesome competition and community participation
- We strive to instill in youth and adults a sense of enthusiasm, fair play and teamwork
- All parents and fans are encouraged to **cheer positively** for their child's team and all the youth/coaches involved
- Let's make it a positive educational experience for all the children

CANCELLATIONS

- Please listen to KMAQ Radio for cancellations.