



Licking County Family YMCA Youth Basketball Rules Grades 1-3 Boys & Girls

Goals of the Program

1. Everyone participates
2. Every child plays at least two full quarters of each game.
3. Fair play, sportsmanship, self-confidence, team play and respect for others are more important than finishing first.
4. Personal goal setting and accomplishments should be emphasized.
5. No player may play more than three quarters, unless 6 or fewer players are present.
6. No referees at this level, coaches are allowed on floor to assist players with technique and form, they are also responsible for calling any fouls together.

General Rules

1. Four - 8 minute quarters, clock does not stop, One minute between quarters, and 3 minutes between halves. All clocks will run in unison off the game board clocks.
2. All teams must play man-to-man defense. No double-teaming is permitted.
 - a. No full court press. Defense must pick up at half court.
3. All fouls are shooting fouls. All fouls will be 2 shots.
4. One time-out per quarter. Timeouts are a maximum of 30 seconds. Clock does stop for timeouts.
5. Substitution on a dead ball only. Notify referees and other coach, have substitutes ready to enter game.
6. Rims are lowered (8' 6") to encourage proper technique.
7. Jump ball begins each quarter. Jump ball alternates possession after that.
8. Team standings and scores are not kept.
9. Wristbands are used so players can identify whom they are supposed to guard.
10. Over and back and 3 second's fouls will not be called.
11. No picks.
13. CB-6 Voit basketball will be used for 1st & 2nd & 3RD graders.
14. Shadow defense. Defensive players are to stay an arms length away from the offensive player. Defensive players cannot intercept a pass. If defensive player plants his feet and has established good position, the offensive player must dribble around the defensive player. In the key, the defense is allowed to raise arms straight up. If the defensive player blocks the ball, the offensive player will get the ball back.