



## Licking County Family YMCA Youth Basketball Rules Grades 3-4 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.

### General Rules

1. Four - 8 minute quarters, clock does not stop except for time-outs and end of game, and last minute of fourth quarter.
2. One minute between quarters, and 3 minutes between halves.
3. No full court press.
4. All teams must play man-to-man defense. Double-teaming outside the lane is not permitted; however, "switching" is permitted. For example, team A's player dribbles past the defender for team B, another defender can pick him up provided that the original defender switches and guards the other player for team A.
5. Over and back and 3 second penalties will be called.
6. One time-out per quarter. Time-outs are a maximum of 30 seconds. Clock does stop for time outs.
7. Substitution on a dead ball only. Notify referees, other coach, and have substitutes ready to enter game.
8. Regulation rim height will be used.
9. Jump ball to begin game, alternate possession after that.
10. CB8 women's size basketball will be used.
11. Team standings are not kept.
12. Fouls will be kept - 5th foul, player fouls out of the game.
13. Free throw line for dribblers is 12 feet (Regulation is 15 feet).