



YMCA of the Foothills Youth Basketball League Rules

	5-6 year old	7-8 year old	9-10 year old	11-13 year old
Ball Size	Junior /size #5 (27.5")	Men's / size#6 (28.5")	Men's /size #6 (28.5")	Men's / size#7 (29.5")
Basket Height	8 ft	9 ft	10 ft	10 ft
Game Length	Two 20-min halves. Running clock.	Two 20-min halves. Running clock.	Two 20-min halves. Running clock.	Two 20-min halves. Running clock.
Running Clock Stops	Substitutions. Timeouts. Injuries. No Free Throws.	Substitutions. Timeouts. Injuries. Dead balls last 2 min of 2 nd half if spread of 10 points or less. Free-throws.	Substitutions. Timeouts. Injuries. Dead balls last 2 min of 2 nd half if spread of 10 points or less. Free-throws.	Substitutions. Timeouts. Injuries. Dead balls last 2 min of 2 nd half if spread of 10 points or less. Free-throws.
Timeouts (1 min)	3 total max 2 per half	3 total max 2 per half	3 total max 2 per half	3 total max 2 per half
Substitutions	Every 5 min. (30 sec stop clock, first couple games)	Every 5 min.	Every 5 min.	Every 5 min.
Playing time	Equal	Equal	Equal	Equal
Shooting goals	Begin shooting on basket closest to bench; switch at half.	Begin shooting on basket closest to bench; switch at half.	Begin shooting on basket closest to bench; switch at half.	Begin shooting on basket closest to bench; switch at half.
Game initiation	Side-out using possession arrow. (Home team starts)	Jump ball	Jump ball	Jump ball
Overtime	None	2 min stop clock.	2 min stop clock	2 min stop clock.
Double Dribble	Referee discretion*	Referee discretion*	Called	Called
Traveling	Referee discretion*	Referee discretion*	Called	Called
Over-and-back	Not called	Not called	Called	Called
Backcourt (10 seconds)	Not called	Not called	Called	Called
Inbounds (5 seconds)	Not called	Not called	Called	Called



seconds)	Not called	Not called	Called	Called
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YMCA of the Foothills Youth Basketball League Rules *(continued)*

(Continued)	5-6 year old	7-8 year old	9-10 year old	11-13 year old
Defensive area	Within the mid-court line	Within the mid-court line	Within the mid-court line	Within the mid-court line
Full Court Press	No	No, except permitted last 2 minutes of game, within 10 pts.	No, except permitted last 2 min of game, within 10 pts.	No, except permitted last 2 min of game, within 10 pts.
Man-to-man defense	Yes, required. Use wristbands	Yes, required.	Yes, required.	Yes, required.
Help defense	Switching allowed	Switching allowed	Switching allowed	Switching allowed
Stealing the ball from ball handler	No; called to retain possession. (Play with your feet and hands up)	Allowed	Allowed	Allowed
Shooting Fouls	No; side-out possession	Two free throws (running clock)	Two free throws (running clock)	Two free throws (running clock)
Free Throw Distance	N/A (side out)	12 ft (standard)	12 ft (standard)	12 ft (standard)
Personal Foul	Side-out possession.	Side-out possession.	Side-out possession.	Side-out possession.
Bonus Rule	None	Excessive fouls. Technical foul shot plus ball.	Excessive fouls. Technical foul shot plus ball.	Excessive fouls. Technical foul shot plus ball.
Fouling Out	Excessive fouls, ref can bench player for limited time	Excessive fouls, ref can bench player for limited time	Excessive fouls, ref can bench player for limited time	Excessive fouls, ref can bench player for limited time

- *Referee discretion is influenced by the general skill level of the player and if a meaningful advantage is gained by the violation. Violations will be called more tightly as the season progresses.
- “Home team” wears White; “Visiting team” wears Blue.
- Teams will use the “wristband method” for matching up defensively.
- “Court 1” is the court closest to the YMCA front entrance; “Court 2” is the court furthest from the entrance.
- Teams warm up on the basket closest to their bench.
- Encourage your players to hustle on and off the court.
- No one is to enter the court during the game unless the referee has allowed you to (this includes coaches, parents, and spectators).
- All coaches abide by code of conduct / parent handbook. You will be asked not to coach if violated.
- No zone defenses. No traps. (11-13 yes on traps).