



YMCA of the Foothills

Girls Youth Basketball League Rules

	5-8 years old	7-9 years old
Ball Size	Size 6 coaches' agreements of game ball	Size 6 ball
Basket Height	8 ft	9 ft
Game Length	Two 20-min halves. Running clock.	Two 20-min halves. Running clock.
Running Clock Stops	Substitution: Timeouts. Injuries.	Substitution: Timeouts. Injuries. Dead balls last 2 min of 2 nd half within 10 pts.
Timeouts (1 min)	3 total max 2 per half	3 total max 2 per half
Substitutions	Every 5 min. Always clear benches. (20 sec stop clock)	Every 5 min. Always clear benches. Free subs last 2 min
Shooting goals	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
Overtime	None	2 min. Stop clock.
Double Dribble	Referee discretion*	Referee discretion*
Traveling	Referee discretion*	Referee discretion*
Backcourt (10 seconds)	Referee discretion*	Referee discretion*
Inbounds (5 seconds)	Referee discretion*	Referee discretion*
Over-and-back	Not called	Not called
Offensive lane violation (5 sec)	Not called	Not called



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Girls Youth Basketball League Rules *(continued)*

(Continued)	5–6-year-old	7–8-year-old
Defensive area	Within the mid-court line	Within the mid-court line
Full Court Press	No	No
Man-to-man defense	Yes, required. Use wristbands	Yes, Use wristbands/but coaches' agreement
Zone defense or any related variation	No	No
Traps	No	No
Stealing the ball from ball handler	No. Called to retain possession. Loose balls/ passes OK. (Play with your feet and hands up)	Allowed
Shooting Fouls	No Free Throws. Side-out possession.	Free throws (running clock)
Personal Foul	Side-out possession.	Side-out possession.
Bonus Rule	None	Excessive fouls: Technical foul shot plus possession.
Fouling Out	Excessive fouls: ref can bench player for a limited time.	Excessive fouls: ref can bench player for a 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.
- “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.
- This is a man-to-man league; no zone defense of any kind is allowed.
- 5/6 teams will use the “wristband method” to match up defensively. To help create matchups, target the order of black/red/blue/yellow/white based on the strength of the player.
- 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 ON BALL STEALING in the 5/6 age division.**