



ABERDEEN FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GIRLS/BOYS BASKETBALL RULES

Aberdeen Family YMCA modified basketball rules and guidelines for players, coaches, officials, and parents

1ST & 2ND GRADES:

- The games will consist of a 6, 6 minute periods with subbing at each break
- 5 on 5 teams; rosters done by schools or teams already in other organizations
- Coaches will run the scrimmage - no officials
- Substitutions should happen during designated stoppages of play (6 min.)
- 8 foot baskets; junior size basketball (27.5) used
- No score or stats kept
- No lane violations will be called, No free-throws
- **Stealing the ball off the dribble is NOT allowed.** Traveling and double dribble will be corrected by coach but not a violation called.
- Players shall understand the meaning of the rules and will learn to play within them
- Coaches should make players aware that this is a NON-CONTACT game. Reaching and pushing should be noted and stopped
- No zone defense - only man to man is allowed
- No press - must set up defense behind the half court line
- Playing time may be reduced based upon a players attitude and participation at practices. Equal participation = equal playing time
- Players should have some playing time at all positions
- The object of the game is skill development, dribbling, passing, screening, shooting, etc... **NOT WINNING!**

ABERDEEN FAMILY YMCA
5 South State Street
Aberdeen, SD 57401
605.225.4910
www.aberdeenymca.org

The continued quality and future success of this league depends upon the leadership of our coaches and parents. This is the YMCA Youth League and it is designed for kids to have fun, learn how to play the game of basketball, and learn how to interact with their peers and adults.



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3RD, 4TH, 5TH, & 6TH GRADES:

Official High School basketball rules will be used with the following exceptions:

- Teams will use a 28.5 size ball—10 foot baskets
- The games will consist of two 18 minute halves with a running clock. Clock will stop for player injury and timeouts. The clock will stop on all whistles during the last minute of the **second half** unless a team is ahead by 15 points
- 5 minute half time
- Two (30) second timeouts will be allowed per game/per team
- Lane violations will be called
- Free throws - ***NEW*** shoot 2 automatically after team's 9th foul in a half
- FOULS WILL BE CALLED—not kept track of (no fouling out)
- Players shall understand the meaning of the rules and will learn to play within them
- Referees and coaches should make players aware that this is a NON-CONTACT game. - Reaching and pushing should be noted and stopped
- No zone defense (referees discretion) - only man to man defense is allowed
- No press at any time!
- All players must play at least half a game (recommended rotation every 5-6 minutes) except;
- Playing time may be reduced based upon a players attitude and participation at practices. Equal participation = Equal playing time
- Players should have some playing time at all positions
- The object of the game is skill development, dribbling, passing, screening, shooting, etc... **NOT WINNING!**
- Team size will be kept to 7-9 players when possible
- Overtime will be 2 minutes—only 1 overtime will be played—can end in a tie.

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