

Basketball Rules and Information (Ages 5-7)



- Games will consist of four 6 minute quarters. (A fifth quarter if more than 10 players on a team)
- Clock will run continuously.
- Games will be played cross court.
- All violations will be enforced including traveling and double dribbling.
- Hoops will be set at 8'.
- Players will use a junior size ball. (27.5)
- Only man to man defense is allowed.
- Players will wear wristbands to determine who is defending who.
- No pressing at any time....players must retreat to mid-court on change of possession.
- Each child will play at least half of the game.
- Score will not be kept.
- All players will receive t-shirt.
- Benches **MUST** be cleared of all debris at the conclusion of the game.
- The league is for children to have fun, get some exercise and to increase their skills along the way.
- A positive, fun and safe atmosphere will be expected and maintained. Any spectator that threatens this atmosphere will be promptly escorted from the building and will not be allowed into the next game. Have fun, encourage all the children and relax!
- Any changes to the game must be made prior to start of game including both coaches, officials and YMCA staff.
- Parents, Coaches, adults and kids must honor the Y's four core values:
 - CARING
 - HONESTY
 - RESPECT
 - RESPONSIBILITY