

## **Basketball Rules and Information (Ages 8-10)**



- Games will consist of four 8 minute quarters. (A fifth quarter if more than 10 players on a team.)
- Clock will run continuously throughout the game except for all dead ball situations in the last 2 minutes of the game.
- Coaches will receive 3 time outs per game.
- Games will be played full court.
- All violations will be enforced including traveling and double dribbling.
- Hoops will be set at 10'.
- Players will use a 28.5 ball.
- Only man to man defense is allowed.
- Players will wear wristbands to determine who is defending who.
- Players must retreat to mid-court on change of possession except for the last 2 minutes of the game when pressing is allowed.
- Each child will play at least half of the game.
- Score will 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